Chichester Herald

Friday 15th June 2012
YOUR FREE WEEKLY NEWSPAPER

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COMPETITION
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Investigation into floods

>> West Sussex sea defences may have trapped flood water

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

THE ENVIRONMENT AGENCY is investigating whether or not sea defences in West Sussex trapped flood water, making flooding there worse

Flood water is being pumped away from parts of West Sussex where many people were forced to flee their homes.

Residents living in Bracklesham Bay said the water level only dropped when an emergency channel was dug

However, Environment Secretary Caroline Spelman said the defences were not to blame

The Environment Agency said no further properties had flooded overnight but it was keeping a watch on river levels.

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It added that teams had been working round the clock with other emergency responders, checking flood defences and clearing blockages.

An emergency channel was dug through sea defences to help release trapped water.

Gordon Wilson, from the Environment Agency, said: "We're investigating to try to understand what has led to such severe flooding here.

"And it is possible that given the diameters of pipes we put in as an interim measure, they were not sufficient to cope with such a huge amount of rain in such a short space of time."

Bracklesham resident Christopher Purchase said the water level remained static until the digger cut through the sea defences.

"It's pouring out of there like a plug out of the bath," he said.

However, Ms Spelman, who was visiting the area, said the Environment Agency did not believe the sea defences caused the floods, but the "sheer volume" of rainfall.

She added: "I've been very impressed by the emergency services response and all the other partners involved... but above all the community, and the way everyone pulled together to deal with an extreme weather event of this kind."

Rising flood waters affected about 250 homes in the village of Elmer and caravans on two sites in Bracklesham.

Two flood warnings remain in place for the River Arun watercourse at the Aldingbourne Rife in Barnsted and Felpham.

Occupants of caravans at two holiday parks in Bracklesham had to be rescued by life rafts.

West Sussex Fire and Rescue Service said it had dealt with about 1,000 calls in 24 hours, evacuating hundreds of homes and pumping water from them.

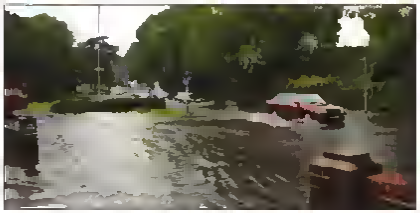
Sean Ruth, deputy county fire officer for West Sussex, said it had been "an incredibly busy time" and it was necessary to seek help from neighbouring fire services in East Sussex and Hampshire.

Many roads had been impassable due to flooding. Closures remain in force on the A29 Ladsey Road at Woodgate and several minor roads to the west of the county.

There are also restrictions on the A259 at Littlehampton.

Nine schools in Bognor Regis and Chichester were either closed or partly closed because of the conditions, along with Felpham Community College.

Laburnum Grove Junior School in Bognor Regis remained shut on Wednesday due to serious flooding, and is not expected to reopen until next Tuesday.



Photos [illegible]

Apology after Groove Armada concert cancelled due to power failure

GOODWOOD Racecourse has said sorry for cancelling a concert by Groove Armada after the races.

DJ Andy Cato was set to take to the decks as part of the first night of the venue's programme Three Friday Nights.

But organisers were forced to cancel the performance after a regional power failure which jeopardised safety at the venue.

Race goers now have the chance to get a 50 per cent refund on tickets from Friday, June 8 or the chance to go free to one of the other two upcoming Friday night events.

A spokesman said: "We would like to apologise for the inconvenience caused by the cancellation of the post-racing DJ performance on Friday. We would also like to thank all of our customers for their patience and understanding.

"The decision to cancel was taken following a regional power failure, which meant the venue could not operate safely. We understand the failure was caused by a mains cable being damaged in the local vicinity at around 0.20pm which affected areas to the East of Chichester.

"We fully understand the disappointment this will have caused all our racegoers."

People who want to transfer their tickets can go to a future meeting of their choice, excluding Glorious Goodwood. Events include the second Friday night event tonight (June 15) featuring Dermot O Leary or the following Friday for a performance by Mike Skinner.

For information contact Goodwood Ticket Office on 01243 755055.

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A place so middle class the buskers play classical music

Tommy Boyd

THE PRESS

I won't win many friends by saying this but the main reason that sections of the press dig into celebrities lives trivialise issues and victimise politicians is that it's what millions of Brits want Stand in any newsagents and watch the Murdoch titles fly off the shelf even now knowing what we know The Sun on Sunday which is effectively the old News of the World, is selling 2 2million copies

YOUR BRAIN AND LOVE

And yet as we are learning every human brain is an incredible organism I'm excited by the new stuff that neuro imaging is revealing For example the areas of the brain that are connected with maternal love and romantic love are very nearly indistinguishable When people are shown images of their children and then their romantic partners the same two areas in the brain go to work there is enhanced activity in the areas associated with positive emotions And a decline in areas of the brain associated with socially responsible actions!

WHAT ARE WE?

It's a computer between our ears but there is still every reason to believe we are more than a sack of electrical impulses

CHICHESTER'S COME DINE WITH ME

Monday's programme was in Chichester The show opened with a shot of the Cross "Today we're in Chichester" boomed the wonderful Dave Lamb. "A place so middle class the buskers play classical music" Cut to shot of girl in North Street playing the flute. OK, that's North St.

CHICHESTER'S CLINCHS

Our side streets harbour many real gems worth seeking out. The shops in the lanes and alleys off the main streets boast charm and individuality Coffee, for example We're loaded with big name outlets but try the family type ones. Clinchs in Guildhall St (off North St behind the Ship) can't be bested for quality and personal service. Classy yet classless. Come Dine With Them, Mr Lamb!

THE FOOTBALL

It's Sweden tonight I'd love to see Jerman Defoe get a game, and score His father passed away this week.

LOVE AND INSPIRATION

In 1995 a golfer called Ben Crenshaw carried the coffin at the funeral of his mentor and coach Harvey Penick Harvey had coached Ben from a when Ben was a 6 year old child to Harvey's own death bed. Next day Ben flew in to the Augusta Masters tournament late and without practice, distraught and bearing a debilitating illness himself. He wasn't expected to trouble the leader board, even without the baggage. You can guess the rest, but I'll tell you anyway, he won This wasn't his brain We have some sort of soul too, don't we?

JOKE

A man is driving along when a chicken comes alongside The man is amazed to see the chicken has 3 legs. He accelerates, but the chicken goes past and into a field The man follows. In the field is a farmer surrounded by 3 legged chickens The farmer explains: "Our son lives with us. We all like a leg so I breed these." The man asked "What do they taste like?" The farmer replies "Dunno I've never caught one"

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Tweets of the Week!

All tweets are from Chichester people or about the area.
(Some tweets may contain errors)

@DuPainDuVan

"I have decided I live in Wet Sussex. There is no West anymore It's all under water"

@KateLassetter

"Charlie Dimmock got in my way while I was taking a photo at the #Chichester Festival of Flowers today At least she was wearing a bra."

@Squishedup

"I'm sat on a balcony drinking coffee reading the @chiherald It's a clear case of housework avoidance"

@EA_Holmes

"Managed to leave the Isle of Chichester Some drains wouldn't go amiss"

@spallenna

"I HAVE MADE IT BACK TO CHICHESTER! Stick that in your pipe and smoke it FLOODS"

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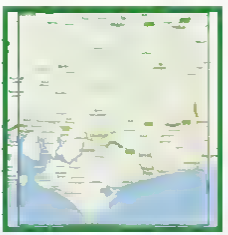
Chichester Herald [illegible] available for self-selected pick up delivery Buy across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **45,000.**

Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Chichester newsagents One Stop Chichester College plus nearly 200 newspaper stands in the area Chichester Herald is also in all coffee shops We also distribute at local race meetings to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick-up point areas and businesses delivered to include:
Aldwick Arundel BarHam Bentham Bosham Breadstone Chichester Chilcott Goodwood, Midhurst Haslemere Lingfield Rose Green and East & West Wittering



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It really does work The testimonials Furniture & Mirror based in Terminus Road say "Whilst a couple were having a coffee in Bhs they picked up a Chichester Herald from the stand in the cafe They were in Chichester looking for furniture Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

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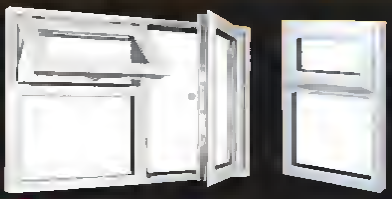

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Residents advised to prepare for bad weather

CHICHESTER District Council is today advising its residents to prepare for further bad weather.

Weather reports indicate that the district could suffer from further heavy rainfall on today (Friday).

"The bad weather is likely to return and so we want to advise residents to make sure that they are prepared," says Cllr John Connor, Cabinet Member for the Environment.

"Our website (www.chichester.gov.uk) offers advice on where sandbags can be purchased and what you should do if your house is flooded. It also offers key tips on how to prevent flooding.

"If your house is flooded you should call 999 and ask for the Fire Brigade. You must also switch off your electric and gas supply.

"We hold a supply of sandbags, but these will be given to the most vulnerable and will be used to protect infrastructure such as roads or electrical sub-stations. We do not have the stocks to supply all households. Due to this, if you feel you are at risk, we would advise you to purchase sandbags in preparation for any further bad weather."

For further information, please visit www.chichester.gov.uk/emergencies. You can also keep up-to-date with the latest advice on the council's website and social media sites on Facebook and Twitter.

Collision between pedestrian and cyclist in Chichester

POLICE are appealing for witnesses after an elderly man was injured in a collision with a cyclist in Chichester.

At around 10.30am on Thursday 8 June an elderly pedestrian suffered serious injuries after colliding with a cyclist in North Street outside the Robert Dyas Store.

The pedestrian, who is in his 80s, has fallen to the floor causing serious injuries and the cyclist left the scene. He was taken to St Richard's Hospital where he remains.

Officers are appealing for anyone who witnessed the incident to contact them or for the cyclist to call Sussex Police on 101 quoting serial 1020 of 8/6.

Man assaulted in Chichester car park

POLICE are appealing for witnesses following an assault on a 35 year-old local in Portfield Way, Chichester on Sunday 3 June.

The victim was walking through Portfield Retail Park when he was threatened and attacked by a man, who is known to him, at around around 4.10pm.

PC Trevor Burton from Chichester Response Investigation Unit said: "We are investigating the circumstances that led up to this incident, which appears to have been an unprovoked attack during the day in a busy retail park.

"I would appeal to anyone who witnessed the assault or saw a man get out of a white Ford Transit van, to please call 101 quoting serial 1122 of 3/6 or the the independent charity Crimestoppers anonymously on 0800 555 111."

Robbery and assault at Chichester service station

A 20-YEAR-OLD man was threatened and assaulted during a robbery at a service station he works in on Sunday 10 June.

Police and emergency services were called to Nutbourne Service Station at around 9.50pm following reports that a member of staff had been repeatedly beaten around the head and body with what is believed to have been a pole, before several thousand pounds in Looms cash bags was taken from the safe by the balaclava wearing suspect.

Detective Constable Andrea Watts from West Sussex CID said: "This was a very nasty assault on a member of staff just as he was closing up the store. He received concussion and a dislocated shoulder in the attack and remains in Southampton General Hospital in a stable condition, where he will be interviewed shortly.

"We are continuing to view CCTV, carry out forensic examinations and interview potential witnesses but are keen to hear from anyone else who has information that could help with the inquiry. Please call 101 quoting serial 1510 of 10/6 or the independent charity Crimestoppers anonymously on 0800 555 111."

The suspect was wearing a black balaclava, dark coloured trousers with double white stripes down the outside of each leg, dark long-sleeved top with light coloured single stripe/pattern around arms and white surgical type gloves.

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Selsey woman pleads guilty to benefit fraud

A SELSEY woman has pleaded guilty to claiming more than £80,000 of benefits she wasn t entitled to

Mandy Harper (42) of Pennycord Close, Selsey, pleaded guilty at Chichester Crown Court to two counts of dishonestly failing to notify both Chichester District Council and the Department for Work and Pensions that her husband was residing with her and that his earnings were contributing to the household bills.

Ms Harper, also known as Mandy Delaney, had claimed Income Support, Housing Benefit and Council Tax Benefit on the basis that she was a lone parent A joint investigation by both departments uncovered the fraud, which resulted in a total overpayment £82,015.75 from January 2005 to October 2010.

Due to Ms Harper recently suffering a fractured shoulder, the Judge decided that sentencing will be deferred to 22 October 2012 when Ms Harper will be considered for an unpaid work order In the meantime, Ms Harper will be curfewed between the hours of 7pm and 7am.

Councillor Josef Ransley, Cabinet Member for Corporate Services and Communications at Chichester District Council, says: "We want to encourage everyone to let us know if there is any change in their circumstances so

our officers can check to see if it may affect their benefit entitlement People often remember to do so if their circumstances change for the worse but if they improve they need to tell us as well

"The benefits system is there to help those most in need, not those who want to abuse it by claiming money they are not entitled to Benefit fraud is a very serious crime and we will continue to prosecute those people guilty of it."

Both Chichester District Council and the Department for Work and Pensions will seek to recover all monies overpaid

If you suspect anyone of committing benefit fraud you can contact the council's investigation team on a confidential 24 hour fraud hotline number – 01243 534500. Or you can report it online at www.chichester.gov.uk/ReportBenefitFraud

Pre-prep Sports Day and Picnic followed by Nursery Swim and picnic lunch

ON A GLORIOUSLY sunny morning, parents and grandparents arrived to support the Pre-prep children in their sports day After coffee and home made croissants, they made their way to the sports field where the Pre-Prep children celebrated the Olympics by having teams from different countries competing in their Mini Sports Day

The children carried flags and also models of torches The torch is an important symbol at Great Ballard as it has been on the school shield since the school was established in the 1920s. Pupils who are familiar with the school motto, "vincit qui se vincit" which means "He conquers, who conquers himself" and the symbol of the torch used at Great Ballard, have also been learning about the significance of the Olympic torch which was lit earlier in the month in Greece The Olympic Flame then arrived in the UK on 18 May 2012 and is currently on a 70-day Olympic Torch Relay, bringing the excitement of the Games to everyone around the United Kingdom The Olympic Flame stands for peace, unity and friendship and will be carried by 8,000 Torchbearers, one of whom is a teacher at Ballard School, the school now on the site of the original home of Great Ballard in New Milton, Hampshire, so we are looking forward to hearing about his part of the journey as well as sharing in the excitement of the torch passing through Sussex during the summer holidays

All the children from Nursery through to Form 2 had great fun and were well supported by parents and grandparents

The event was followed by the opportunity for parents to visit the form rooms and share in the work that their children have been doing. To round off the family day the parents joined the children for a picnic in the walled garden.

Chichester Tourist Information Centre is on the move

CHICHESTER Tourist Information Centre has new opening hours as it prepares to move into The Novium, Chichester District's new museum.

The new hours are Tuesday to Saturday from 10.45am to 5.15pm and it is closed for lunch between 12pm to 12.30pm.

These new hours will continue until Saturday 7 July and then on Sunday 8 July at 10am it will reopen in its new home at The Novium in Tower Street, Chichester.

For more information please see the council's website www.chichester.gov.uk or call 01243 775888

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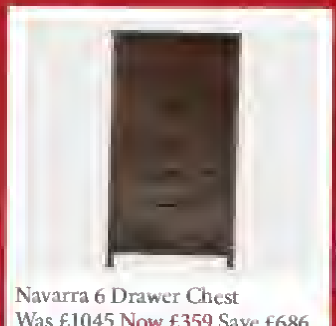

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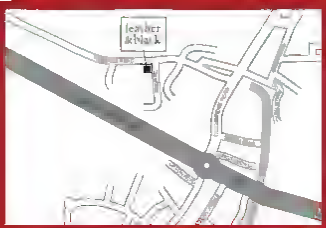

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West Sussex signs up to new Government family initiative

WEST Sussex County Council has signed up to the Government's 'Troubled Families Initiative', to help families in need across the county.

The national initiative is a three-year programme and aims to help families who have been identified as facing difficult issues. This could include working with families to get children back into school, reduce youth crime and anti-social behaviour, or help adults to get back into work.

Cabinet Member for Children and Families Peter Evans said: "This initiative fits in very well with our West Sussex Think Family Programme, and we will be linking the two together. Think Family aims to improve family life and children's life chances in West Sussex through early intervention by the County Council and partner organisations."

To qualify for the national initiative, families have to meet one or more criteria:

- Crime and anti-social behaviour - a young person under 18 in the household has a proven criminal offence or anyone in the household has committed anti-social behaviour in the last 12 months
- Education - any children in the household are not attending school regularly because of truancy, exclusion, or any other cause
- There is an adult in the household who is not working
- Local discretion - any other issues that cause difficulties for families who are experiencing a combination of the above

It's estimated that 1,165 families in West Sussex will meet the criteria and will be assisted under the programme. The aim will be for the County Council and partners to provide intensive support to the families, tailored to their individual needs. Successful outcomes could include, for example, helping children back into school, reducing offending behaviour, or helping someone get back into work.

It is expected that working with families who need assistance will lead to financial savings for the County Council and partner organisations as the families will be less reliant on public sector services.

Donor Drive proves a huge success at Chichester College

[illegible] of employees at the donor drive and George Bennett, 18, [illegible] (left)

FOR THOUSANDS of people with blood cancers, their only hope of survival is a donation of healthy stem cells. The difficulty often comes in finding a perfect match. At Chichester College a recent Donor Drive was held to add donors to the register and to raise the awareness of the Anthony Nolan charity.

For former Chichester College student George Bennett, aged 18, working with Anthony Nolan has given him the hope of finding a match to help treat his rare case of Aplastic Anaemia. The condition affects roughly three in one million people and since being diagnosed before Christmas George has had to put his entire life on hold. "It's been difficult as I left college, had to stop work and playing football which have all been hard to take. You have to stop doing all the things you enjoy as did the boredom has been one of the toughest things to deal with. Fortunately my family and friends have been really supportive throughout."

The event itself was a great success with 111 staff and students donating their saliva to join the register that contains over 420,000 potential donors.

George was delighted by the turnout. "Today and been really good and I've seen lots of friends who were willing to donate but also plenty of people I didn't know which is really heart-warming. We wanted to raise the awareness and I'm really grateful to everyone who came along. Hopefully a few of them might be a match to someone out there."

The donor stations were manned by George and his family, as well as Anthony Nolan volunteers and actual donors who were on hand to offer advice and emphasise how important the work of Anthony Nolan is. Since 1974 the charity have given over 9000 people the chance of life with stem cell donations.

The Anthony Nolan donor register desperately need more male donors between the ages of 18 and 30, almost three quarters of stem cell donations come from men, but men count for less than half of those on the Anthony Nolan register. If you're aged between 18 and 40, weigh over eight stone and are in good health you could be somebody's perfect match.

To find out more please visit www.anthonynolan.org or email info@anthonynolan.org

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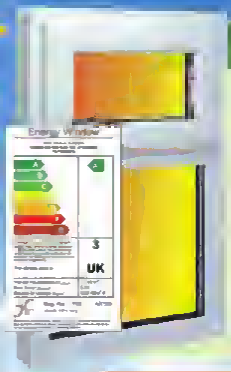

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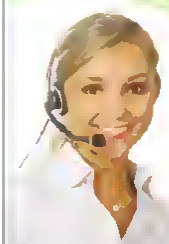

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Pupils to create new school dinners for competition

CHILDREN in the county are being offered the chance to design a new school dinner as part of a Sussex Day-inspired competition

The contest is looking for pupils to create a lunchtime dish with the winning meal being offered in primary schools next year

It has been launched as part of this year's Sussex Day festival, happening on June 16, which encourages people to celebrate the county's heritage

The competition is being run by the County Council with its catering company Chartwells – which provides hot meals to West Sussex primary schools

Tracie Taylor, who works for Chartwells, said: "This competition is an excellent way of showing children what goes into healthy balanced meals

"The dishes must contain all of the food groups from our Eat Well Plate – including protein, carbohydrate, fruit and vegetables as well as milk and dairy

"The meals can only contain small amounts of fat and sugar and have no fried ingredients."

There are two categories for school pupils to enter: one for five to seven year-olds and another for children aged between eight and 11.

The closing date for entries is Friday August 26.

To find out more about the competition go to: www.westsussex.gov.uk/sussexday

Chichester Lions raise a grand for I-Cook

CHICHESTER Lions Club have for many years raffled large Easter eggs to raise monies for local charities. This year's chosen charity was the Aldingbourne Trust – a local charity who supports people with learning disabilities to live independent lives and to gain skills to lead into employment within the community.

About a month before Easter, Chichester Lions members distributed eggs to many local pubs, businesses and organisations like the Fishbourne Centre and the ten participating outlets raised just over £600 with Chichester Lions generously topping up the total to £1000.

Brian Attfield, on behalf of the Lions Club said: "We are most grateful to the many local businesses and their customers that helped raise the magnificent total which is going to support such a worthwhile charity."

Lion President Vince Foote, accompanied by Lion Treasurer Tony Harrison visited the Aldingbourne Country Centre last week and presented the cheque to the centre Manager Simon Hutchins and some of the clients who attend the centre. Both Vince and Tony then had a guided tour around the Country Centre, and met Alpacas and goats and enjoyed a tranquil walk in the woodland walk. The Lions Club has supported the Trust in its initial start-up, some 34 years ago and Vince said, "I am amazed at how the Country Centre has developed over the years. It is a lovely

Foote, A[illegible]y Callow[illegible]y Mason

place for adults with learning disabilities to develop skills and is a hidden gem which visitors can enjoy seven days a week."

The money raised will go towards a new enterprise, "I-Cook", which is planned to be run from new premises in Aldwick Road, Bognor Regis, due to open later this year. Michelle McKinley Bell – the Trusts Enterprise and Development Manager said: "Within the current changing funding constraints we are seeking new ways to help people to maintain their independence. I-Cook sessions will support people to develop cooking and nutritional skills. At the end of the session they can take home their cooking and, for example, home freeze meals for the next few days. We are extremely grateful to everyone who contributed and for the Lions Club for selecting us as their nominated charity!"

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Life changing career opportunities for Sussex nurses

A STAFF nurse at Chestnut Tree House children's hospice near Arundel, is urging nurses in Sussex to come to an Open Day on June 18 and consider a life-changing career move.

For Mel Williams, working at the only children's hospice in Sussex, providing specialist palliative care for children and young people with life-limiting and life-threatening illnesses, is the most rewarding challenge of her life and she has just been promoted to In-house Team Leader.

She says: "Many of the children on our caseload have been with us for a number of years and I love getting to know them, their quirky habits and funny ways. It really does feel like a family because you get to spend so much time with them and really get to know them.

"Chestnut Tree House is also a very humbling place to work and can be very hard emotionally. For every single child and family we care for, there has been a tragedy. Their journey has been so hard – nobody plans to have a sick child – and I am astounded at how they find the strength to see the positive side of things and to keep going. As nurses, we learn so much from the children and families we care for.

"I am really lucky because I work with an amazing team. Everyone is so supportive and we are all working towards the same goal – what is best for the children and families, both medically and making sure they have fun and live life to the full together."

Nurses work closely with care support workers and when shifts change, go through all the children's diagnoses, treatments and any incidents which have occurred during the previous shift. They work with the children to plan their days, which can include activities such as cookery, art, music, walks, swimming in the hydrotherapy pool and downtime, relaxing in the special multi-sensory room, having a massage or aromatherapy, or just reading stories quietly.

Whilst the children are having fun, nurses have to make sure that all their medical needs are met. Most of the children need constant medication, some are oxygen dependent and need assistance with breathing, quite a few cannot feed themselves and have to be fed via a gastrostomy, many need help with toileting, all of which can take many hours.

And for every child, the team puts together a diary of their activities, complete with photos and artwork, which they can take home with them as a memento of their stay and to share with their families.

Continued Mel: "Sometimes it is all about enjoying life and sometimes it is supporting families when their children are at the end of their life. This can be very complex with children and no family expects to be making funeral arrangements for their own child."

"Paediatric palliative care is a growing and challenging specialty which will use all of your clinical and interpersonal skills and I would encourage any trained nurses or care support workers with a health related NVQ Level 2 or 3 to think about working for Chestnut Tree House. Please come along and meet the team and see for yourselves what a truly special place it is."

Posts available include in-house staff nurses and care support worker positions.

The open day is a drop-in, so no need to book, on June 18 from 2-7pm at Dover Lane, near Arundel, West Sussex, BN18 9PX.

For further information and application packs, people can contact Chestnut Tree House on 01903 706318.

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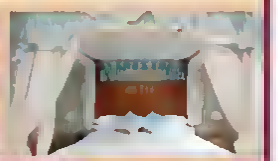

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Lutyens Trust visit

A GROUP from the Lutyens Trust visited Eartham House, the home of Great Ballard School during their tour of Lutyens properties in West Sussex.

Eartham House was the home of William Hayley in the 18th Century who was a well know poet at his time having been offered Poet laureateship in the 1790s. From the gentleman's villa of the 18th century, subsequent owners have remodelled the house, adding on and making changes. William Huskisson, whose claim to fame was being run over by Stephenson's Rocket, enlarged it considerably in the 19th century and when Sir William Bird moved to Eartham House in the early 20th century he commissioned Lutyens to make further alterations.

As well as looking at plans from when Lutyens remodelled it and the various features that were typically Lutyens, the group also enjoyed the opportunity to see many other architectural and internal decorations in the house. Of particular note is a fireplace by Flaxman who was a great friend of William Hayley and other pieces of sculpture.

The Lutyens Trust is an educational charity which acts as a source of information and help on the care and maintenance of the works of Sir Edwin Landseer Lutyens O.M., K.C.I.E., P.R.A., who died on New Year's Day 1944. His motto was Methendo Vivendum "By Measure We Live".

Worst 10 areas for fuel poor households in the South East

Constituency	MP	Party	All Households	Fuel Poor Households	Percent Fuel Poor
South Thanet	Laura Sandys	Conservative	41,473	7,133	17.2%
Rochdale and Battle	Greg Barker	Conservative	42,715	7,154	16.7%
Isle of Wight	Andrew Turner	Conservative	61,990	9,925	16.0%
North Thanet	Roger Gale	Conservative	39,595	6,195	15.6%
Hastings and Rye	Amber Rudd	Conservative	46,504	7,161	15.4%
Dover	Charlie Elphicke	Conservative	39,947	6,044	15.1%
Folkestone and Hythe	Damian Collins	Conservative	45,080	6,506	14.4%
Wealden	Charles Hendry	Conservative	39,256	5,638	14.4%
Chichester	**Andrew Tyrie**	**Conservative**	**44,495**	**6,383**	**14.3%**
Brighton, Kemptown	Simon Kirby	Conservative	38,787	5,418	14.0%

A NEW campaign calling for much more help for people facing rising fuel bills has identified the ten constituencies in the South East region with the highest percentage of people struggling to pay their bills.

Using the Government's latest fuel poverty figures, the Energy Bill Revolution campaign has found the problem is worst in the following constituencies(See table above)

With the pressure on bills increasing as fossil fuel prices continue to rise, the Energy Bill Revolution is calling for the Government to recycle the taxes charged on fuel bills into a major new insulations scheme that would cut bills by helping people to use less fuel to keep warm.

Many MPs across the UK have now declared support for the Energy Bill Revolution campaign for warm homes and lower bills, though none of the ten MPs representing the worst constituencies in the South East have done so yet. MPs can show support by adding their name to a cross-party statement tabled in Parliament called "Early Day Motion 47. Reducing Fuel Bills through Energy Efficiency".

From 2013 onwards, the Government will raise an average of £4 billion in carbon taxes every year from the European Emissions Trading Scheme and the Carbon Floor Price. This is enough to bring 6 out of 10 homes out of fuel poverty. It could quadruple carbon emissions savings compared to the Government's new energy efficiency policies, and create up to 200,000 more jobs - exactly what we need to support the UK's economic recovery.

Research for the Energy Bill Revolution has revealed that fuel poverty could affect 6.1 million households by 2016, the year in which the Government has a target to eliminate fuel poverty. This is a potential rise of 40% which would increase the number of UK households in fuel poverty from one in four to one in three.

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AUG	13	Durham Dales	5 days From £357
	13	Warners Holme Lacey	5 days From £399
	15	Isle of Man	8 days From £541
SEP	03	Pembrokeshire Coast and Gardens of Wales	5 days From £327
	07	A short break to Paris	3 days From £215
	07	Snowdonia	4 days From £262
	09	Boats and Railways of the Lake District	8 days From £477
	10	Warners Bembridge Coast – Isle of Wight	5 days From £413
	20	Bath and the Avon Valley	5 days From £352
	24	Isle of Wight- Shanklin	5 days From £336
	26	Sidmouth, South Devon	5 days From £417
OCT	06	Spain All inclusive	9 days From £629
	08	From the Severn to the Thames	5 days From £356
	11	Romantic Journeys of Northumbria	5 days From £360
	15	Singles – Yorkshire Contrasts	5 days From £356
	21	Blackpool Illuminations	5 days From £362
	29	Singles Cotswolds	5 days From £399
NOV	05	Christmas by Candlelight in Snowdonia	5 days From £327
	09	Sidmouth Turkey & Tinsel	4 days From £243
	10	In Memory	3 days From £185
	12	Valkenberg Turkey and Tinsel	5 days From £331
NOV	16	History & Mystery in the North	4 days From £337
	20	Thursford Spectacular Mini Break	3 days From £241
	23	Festive Season in York & Haworth	4 days From £218
	26	Warners Bembridge Coast Turkey & Tinsel	5 days From £361
	30	Bath Christmas Market Weekend	3 days From £157
	30	Thursford Christmas Show	4 days From £285
	30	A Christmas Market Double - Worcester & Birmingham	3 days From £173
DEC	02	Christmas Concert at the Royal Albert Hall	3 days From £196
	03	Bruges Christmas Market	4 days From £274
	07	Lincoln Christmas Market	3 days From £158
	14	German Christmas Market	4 days From £276
	19	Thursford Spectacular Mini Break	3 days From £241

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DEC	21	Christmas in Austria	5 Days From £699
	23	Christmas in Cheltenham	5 Days From £495
	23	Christmas Between the Yorkshire Moors & Durham Dales	5 Days From £467
	23	Christmas in Bournemouth	5 Days From £525
	23	Singles- Christmas in the Cotswolds	5 Days From £479
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Sustainable businesses needed for university study

WEST Sussex companies that save old products from landfill are being sought for a new research study by the University of Chichester and West Sussex County Council.

There has been a recent growth in businesses increasing the life span of products by refurbishing, remanufacturing or recycling them for future use. The cost of landfill, pressure to recycle and the current economic situation means that companies and the general public are becoming conscious of the replacement and disposal of products.

Now the University and County Council, on behalf of the West Sussex Environment and Climate Change Board, want to hear from businesses operating in the Maintain, Mend and Pass-On sector, allowing them to map the size and scope of the field. This will then mean greater business support can be offered to them.

Dr David Cooper and Dr Dawn Robins from the University of Chichester are leading the project. Dr Cooper, who is the Business Development Director at the West Sussex institution, said: "We want these businesses to get in touch with us, give us a short summary of what they do, allowing us to build up an accurate picture of the county in relation to these businesses and their practices."

Businesses should send their information to Stephen Utton at the University of Chichester by emailing makedoandmend@chi.ac.uk.

Golf membership shows steady growth at Goodwood

WHEN many golf clubs throughout the United Kingdom and Ireland are looking anxiously at dwindling membership lists, Goodwood has reported a steady growth in new players because of its credit membership.

So far this year Goodwood has attracted over 200 new members and its innovative management style is already being studied by some of the major golf resorts as they bid to attract more golfers.

Goodwood introduced a new category of credit membership back in 2000 which did not require a hefty financial commitment with joining fees and subscriptions which has proved to be a deterrent to many would-be members keen to join but unable to fund the outlay in the current economic climate.

The difficulty has become more acute as golfers cannot afford to maintain their subscriptions and choose to resign. In 2011 a survey showed that British and Irish clubs lost 42,700 members which accounted for a 14 per cent revenue loss or the equivalent of £11,500 from every club.

Moreover the number of clubs in Britain and Ireland in 2011 fell below 3,000 and the scarcity of golfers prompted the Scottish Golf Union to call for a halt in the construction of new courses north of the border.

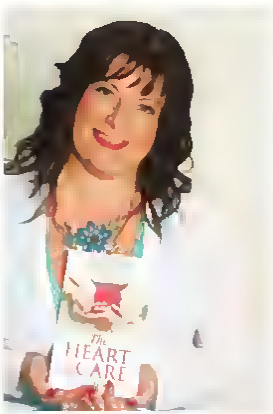
Against this background, Lord March, owner of the Goodwood estate came up with the idea of members simply paying for the amount of golf they play and thus avoiding a much larger financial burden.

Lord March explained: "Members purchase a bundle of credits for rounds of golf for themselves and their guests thus avoiding the annual cost usually associated with club membership".

The system has had significant results with Goodwood enjoying 93 per cent retention rate of members who themselves have recommended 65 per cent of new members to join the club.

Lord March added: "Credit membership means that golfers whether they play every day or just once in a while, enjoy all the benefits you would expect from an exceptional golf environment. The recession has probably helped Golf At Goodwood as credit membership has given people more value from their golf which is why our membership has increased year-on-year."

Heart Of Chichester out in force to celebrate local celebrity's new book!



By Anna Howell

THE PEOPLE of Chichester were treated to a very special kind of book launch on Tuesday as Amanda Waring, the acclaimed actress and film director, used the Chichester branch of Waterstones to launch her new book, The Heart Of Care.

The launch, delivered by Mindseye Management, saw a large gathering of people take over the first floor of the shop as local celebrity Amanda addressed the crowd before signing copies of her new book.

Amanda has changed her vocation since the tragic passing of her mother, famous stage and TV actress, Dame Dorothy Tutin, in 2001.

Famous for such roles as General in an Emmy-winning television production of Shakespeare's King Lear opposite Laurence Olivier as King Lear and Robert Lang as the Duke of Albany, Tutin passed away aged 72 after a long and successful career as one of the UK's most enchanting and accomplished leading ladies on the post-war British stage and screen.

Throughout this career, which spanned over four decades, Dame Dorothy often returned to her Chichester roots to perform on the stage of the Festival Theatre, before her sad passing over ten years ago.

Her daughter, Amanda, took care of her mother while she was in the final stages of her life, and was so appalled at the level of care and attendance for the elderly patients, and those suffering from dementia, at some of the hospitals caring for her mother, that she decided she would use her directorial influence to raise greater awareness of the situation, gain respect for those being cared for and ensure proper training is delivered for those caring staff.

Speaking before the book launch, Amanda discussed the treatment that she witnessed first-hand in a hospital that her mother had been treated at. After fighting to get her moved to an alternative hospital that treated her mother with greater respect and dignity, Amanda felt compelled to make a difference, through educating others and creating her award-winning film.

"I watched these people being treated with no respect or dignity, being treated no better than caged animals and I decided there and then that my new vocation in life was to try and change this", Waring said.

"I decided to sell my flat to raise the funds to make my first film, with a view to highlighting the issues and finding ways to reach out to people who are affected by the subject. It's not just the elderly or the sufferers of dementia, but those who are trying to look after them. Neglect can be the result of frustration and lack of help, or indeed asking for it, and I thought that by bringing the subject into the spotlight it could be tackled and fixed more openly."

Amanda's first and award-winning film, What Do You See, starring the BAFTA award winning actress, Virginia McKenna, sparked a public interest on the subject which, up until then had been somewhat taboo. There followed a string of television appearances by Amanda, including one breakfast show which was watched by publisher, producer, philanthropist and owner and managing director of Souvenir Press Ltd, Earnest Hecht.

"Earnest contacted me up after my breakfast show appearance to say how touched he was by my story, and asked me to write a book for him, which I was thrilled to do", Waring explains.

The Heart Of Care is Waring's first book, although no doubt not her last and tells the story of caring for her mother during the final stages of her life, which includes a huge amount of deeply personal and painful memories for Amanda.

"The book covers the most personal and tragic time of my life, but amidst that explosion of activity the thought that by sharing such raw emotions with the nation I might just reach out and help even just one person, that would be a positive solution coming from it and worth every tear. The>>>

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Double Olympian sets sights on new venture

OUR GREAT British athletes will all be working hard towards this summer's London Olympic Games - but what happens after

Chichester's double sailing Olympian, Christina Bassadone, still makes her way to work across the water each day Following a career that saw her as World number one in the 470 class dinghy, as well as competing in both the Athens and Beijing Olympic Games, she has set sail in a new direction, heading up Guardian Angel Carers, which has its head office in Chichester Marina

"I saw my grandmother desperately wanting to remain independent at home, and the key for our family was having qualified, reliable, trustworthy carers that treated Granny with the dignity and respect she deserved This ethos underpins our values at Guardian Angel Carers."

"We've recently seen some horrific evidence on the news (namely Panorama) of how our elder generation are looked after or not This shook me to the core! Guardian Angel Carers aim is to truly make a difference to the quality level of care one can receive in the comfort of their home' Christina explains.

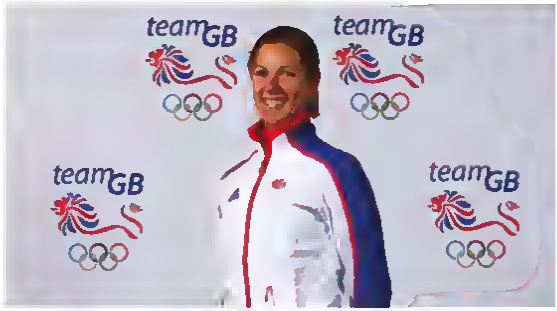
"At Guardian Angel Carers we offer home care, predominantly for elderly clients, supporting them with anything and everything from personal care, household chores or shopping to dog walking, and companionship for appointments and day trips Whether it is a helping hand for a couple of hours a week through to live-in care."

Christina's focus, commitment and desire to deliver great results has translated from her sailing career to business Christina started sister company, Task Angels, a domestic help service several years ago, and now manages a team of 30 'Angels' (as she likes to call them) Combined with Care Manager, Rachel Messingham, the pair have 12 years experience within the home care sector

"Task Angels has supported a lot of its elderly clients with cooking, cleaning and companionship, and as their needs change, it only seems natural that we should extend our services to offer more personal care. Our carers are people who genuinely love looking after others, and we are all hugely rewarded from the relationships we have with our elderly clients."

"Our management team are qualified trainers and every carer is fully vetted, enhanced CRB checked and undertakes our Guardian Angels training programme to ensure the standard of service and care is second to none," comments Christina.

Guardian Angel Carers offers care at home in the Chichester area with specialist, qualified carers who can provide support for any everyday tasks that may become difficult.



Christina Bassadone, former Britain Olympic [illegible] moment [illegible] photograph during the Team GB Kitting Out at the NEC on July 17, 2008 in Birmingham

"My grandmother had a constant stream of different carers Therefore, we go to great lengths to ensure that each client has a small team dedicated to them to ensure personalised care that suits them as every person's needs are different Relationships are everything to our business and our clients very quickly become friends."

Specialist carers are also available for respite and dementia care as well as live-in and overnight care Whether you need some regular help with chores around the home, some support after a hospital stay, if your family is away or long term care, Guardian Angels Carers will be there to lend a hand.

To discuss how Guardian Angels Carers may be able to assist you, whatever the task, please call Christina or Rachel on 01243 216416 or visit our website www.guardian angel-carers.co.uk

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aim of the book is to give permission for other carers to express their needs and fears, as people in that position often forget to ask for help for themselves."

Amanda went on to explain how she was thrilled to be launching The Heart Of Care in Chichester as not only is it local to her, but she felt her mother would have pleased it was close St Richards hospital

St Richards was one of the hospitals that Dame Dorothy stayed at towards the end of her life, although Amanda commented that the appalling care she talks about in her book was never witnessed there.

Since making her first film, Amanda has continued to raise awareness through a multitude of resources, which include a range of CD's and DVD's developed to help caring staff and relatives in coping with elder care issues and travels the country visiting care homes and organisations, providing inspirational talks to patient, relatives and staff alike, as well sharing with them her motivational poetry or playing them her native American drumming, a ritual to honour the elders for who they are, which we were treated to a demonstration of at the launch

During the launch - which was attended by Doctor's actor, Christopher Timothy- Amanda's brother, the actor Nick Waring, addressed the crowd and shared a few supportive emails from those who sadly could not be there, which included a supportive message from the contributor of the foreword of The Heart Of Care, Dame Vera Lyn

'I sincerely hope that the book is a tremendous success, as I think the subject matter very important. I hope you have a great day Kind Regards, Yours, Dame Vera

Also a message from the star of Waring's award-winning film What Do You See, BAFTA award-winning actress Virginia McKenna, was read out:

"As an old woman myself, I can imagine the unhappiness, sense of neglect and indifference many people experience without the support and comfort of family and friends. Much has recently been exposed in the press about this desperately sad and totally unacceptable situation. Amanda has not just sat and complained, she has taken up the cause with this excellent book (practical as well as sensitive), in her talks and now, in her life, she is fighting the fight for those who have no voice.

I know her mother, the wonderful Dorothy Tutin, would be deeply proud of her As I am."

Amanda [illegible] with her book The Heart [illegible]

Amanda urges anyone to come forward with fund raising ideas as all campaigning and training materials has been self-funded and in order to continue the sterling work and results she has already accomplished, she is in need of much necessary financial backing

"Funding is the key, in order to have these films and training guides made, it all costs money Money is the only thing standing between helping someone in a desperate position be it carer or patient I have changed my entire life in order to dedicate myself to this cause and my vocation and my livelihood has been what has earned me to this point, but in order to progress"

Amanda is currently working hard to have her training packs and material used more widely by the Nations schools, education and health care providers

Amanda's book, The Heart Of Care, is available at Waterstones, and all other good book shops, and full information on all her work, films and training materials and forth coming talks can be found on her website, www.amandawaring.com.

Amanda's films will be shown at this year's Chichester film festival, in collaboration with Virginia McKenna for further details of how to book tickets please visit www.chichestercinema.org/film festival

Entertainment

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The Pact (15)

★★★☆☆
THREE out of Five stars

Running time 89 mins
Director Nicholas McCarthy
Starring: Caity Lotz, Caspar Van Dien, Agnes Bruckner, Mark Robson, Kathleen Rose Perkins

As haunted house horrors go, The Pact is well acted, has some intriguing ideas and delivers a number of creepy moments (if not quite outright scares), but it's also let down by some pacing issues and an occasionally silly script

What's it all about?
Directed by Nicholas McCarthy, who has expanded his own 11 minute short to a feature length film, The Pact stars Caity Lotz as motorbike riding Annie, who returns to her unhappy family home to bury her mother and discovers that her ex-drug addict sister Nicole (Agnes Bruckner) has mysteriously vanished from within their mother's house. When their cousin Liz (Kathleen Rose Perkins) – who'd been looking after Nicole's daughter – also goes missing after visiting the house, Annie becomes increasingly unnerved and enlists the help of local cop Creek (Caspar Van Dien) to investigate the spooky goings-on. However, neither of them are prepared for what they find...

The Good
Caity Lotz is an appealingly sulky-faced onscreen presence and the film takes an intriguingly minimalist approach to dialogue at times, which works well. There's also strong support from Bruckner (in what is essentially a single scene cameo) and a creepy turn from Haley Hudson as a young medium who warns Annie about a presence within the house, while Dien is solid, if unremarkable as Creek. Unfortunately, to reveal the best moments of The Pact would require giving away too much plot detail, but suffice it to say there are some intriguing ideas here, particularly during the exciting final act. In addition, as well as using relatively little dialogue, McCarthy also adopts a little-to-no music policy for the soundtrack, which makes a refreshing change from the jarring chords and overblown scores that accompany most horror flicks.

The Bad
That's not to say the film is without problems, however – for one thing, the pacing drags considerably in the first half of the film, before rallying for a decent climax. On top of that, the script is occasionally both frustrating and silly – for example, no-one ever seems to come looking for any of the (numerous) characters that disappear, while – and look away now if you wish to remain completely unspoiled – there's also a ghostly presence that seems remarkably social media-savvy and is able to operate mobile phones and send pin-drop locations on Google Maps, yet remains mysteriously unable to send texts.

Worth seeing?
Despite its flaws, The Pact is ultimately worth seeing for a strong performance from Caity Lotz (do more films please, Caity Lotz), a handful of interesting ideas and a decent final act. Extra points if you can work out what the pact is – I'm still none the wiser.

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THE PACT COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. NAME THE CHARACTER PLAYED BY CAITY LOTZ IN 'THE PACT'?

A) ANNIE

B) NICOLE

C) LIZ

Send your answer, full name, address and a contact phone number to **competition@chichesterherald.co.uk**. The lucky winner will be selected [illegible] at midday. The winner will be notified later on that day.

• Last weeks winner is Anthony Brooks, from Selsey

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL. 0871 200 2000

Get in the bath for charity

Arundel Festival Bath Tub Race
Saturday August 19th
Starts 2 p m at the Waterside Tea Garden & Bistro

BUDDING marine engineers are encouraged to tackle their technical drawings for this year's charity spectacular

Craft must be based on a normal household bath tub, additions are allowed as long as they do not come from any part of a purpose built marine craft, and propulsion is to be manual

Every competitor gets a medal, and there are prizes for First Metal bath home and First Plastic, best Fancy Dress, Best Designed, First Ladies team,

First Oversize (larger than 6'x6') and a Wooden Spoon.

Last year 33 teams comprising 118 competitors set sail, and previous entries include a Viking Longbath (2 tubs end to end), Spirit FM presenters dressed as Postman Pat and his Cat, 'The Village People' performing the YMCA mid river; and even a replica of Arundel Castle defended by paddle wielding 'Knights'!

Once again supporting The Chestnut Tree House children's' hospice at Poling (near Arundel), which cares for life limited children and their families, and Arundel Festival charities

Craft stalls and a bouncy castle will keep the family happy, alongside some beautiful Owls and a vintage vehicle display by Amberley Working Museum. A.D.J will entertain throughout the day and a bar and barbecue on the riverbank will feed the hungry hordes.

For entry details please contact the organiser, martin Harvey, on 01243 826183 or check out the website www.arundelbathrace.co.uk

Brightest and best

CHICHESTER Art Society has been enjoying a significant growth as new members this year and most of them will have work on show at the annual exhibition which opens next Tuesday at the Oxmarket Centre of Arts (off East Street) and runs from June 26th to Sunday July 1st (10am - 4.30pm, closing 4pm Sunday).

The exhibition will feature up to 200 paintings together with unframed work, sculptures and cards, all of it at affordable prices and can be taken away on purchase There will be demos by members during the week and stewards on hand throughout to tell visitors about the Society and what it does. Founded in 1930, CAS is Chichester's oldest art society and with upwards of 120 members, the biggest. It offers a wide and varied programme throughout the year - full information can be found at the website www.chi-art-soc.org

OXMARKET CENTRE OF ARTS

CHICHESTER cinema at NEW PARK
01243 786 650
'your cinema on the park'

Fri 15 Jun 13.15 Prometheus (15), 13.30 Film Course (Don't Look Now), 15.30 The Source (12A) 135m, 18.15 Prometheus; 21.00 The Angel's Share (15) 107m
Sat 16 Jun. 13.00 The Source, 15.45 Prometheus, 18.15 The Angel's Share (+ Post screening whisky tasting tbc), 20 45 Prometheus
Sun 17 Jun. 13.00 The Angel's Share, 15.00 Prometheus, 17 30 The Source, 20 30 Prometheus
Mon 18 Jun 12.00 The Source; 14 45 The Angel's Share, 17 00 Prometheus
Tue 19 Jun 13.00 The Angel's Share, 15.30 Prometheus, 18 00 The Source, 20 45 Prometheus
Wed 20 Jun 14.15 The Woman in the Fifth (15) 85m, 20.15 The Angel's Share, 18 45 Whisky Galore! (PG) 83m, 20.45 Prometheus
Thu 21 Jun. 13.45 Prometheus; 16 15 The Woman in the Fifth, 18 15 The Angel's Share; 20.45 Prometheus;

Wideboy Ed returns to Bognor hometown

WORKING with top singers such as Rihanna and Liberty X is a world away from the pier at Bognor Regis but that is where award winning house, bassline and UK garage record producers and remixers The Wideboys will return to their roots in a special gala club night on Saturday June 23.

In particular, one half of the duo, Eddie Craig, will be looking forward to playing for his home crowd as he is also celebrating his birthday. With Jim Sullivan, Ed has found fame and fortune, performing and creating music all over the world

Since leaving St Philip Howard High School at Barnham, Ed has been DJing, producing and song writing for more than 15 years but began to hit the big time when he linked up with Jim. Currently, they are resident DJs on Kiss FM radio station

In 2008, they signed to Sony ATV Music Publishing then found a home with Skint/Loaded Records in 2010. The Wideboys won Best Dance Act at The Urban Music Awards in 2008 and Best Newcomer at the 2000 UK Garage awards

They have worked on projects with Def Jam USA on Rihanna's album Good Girl Gone Bad. Their track Daddy-O reached 32 in the UK charts in 2008

In 2009, The Wideboys produced the Comic Relief single for The Saturdays' Just Can't Get Enough, which reached two in the official sales charts, selling more than 60,000 copies in one week, and they hit the Top 5 charts and UK double platinum status with their original track and album entitled Thinking It Over for Liberty X which sold more than a million copies.

Jim and Ed have performed on Big Brother's Big Mouth, Top of the Pops, The Nokia Green Room, T4, MTV, Nickelodeon, and Pop World with their club smashes In the VIP, Samiuca, Daddy-O and Snowflake

Vision Nightclub on Bognor Pier has firmly established itself as one of the South Coast's premier clubbing venues with 2 floors and a 1200 person capacity and are proud to welcome the Wideboys and MC Majestic on Saturday June 23 for a personal appearance and special 90 minute DJ set on from 11.30pm.

For more information, see www.clubv.co.uk or call 01243 820531/862760.

Gear up for Bike Week

BUDDING cyclists of all ages in the Chichester District are invited to take part in Bike Week, from Saturday 16 to Sunday 24 June.

Bike Week is the UK's largest mass-participation cycling event with activities happening up and down the country

In the Chichester District, there's plenty on offer, including

1. a one stop shop for cyclists on Friday 22 June from 7.30am to 10am at The Cross, Chichester, including free bike doctor check-ups, free bike security marking, free fruit bags from Natures Way Food and water from Windsor Water, free bike goodies and information on cycle training and bike routes You can also enter a free national prize draw to win a holiday or one of five cycle computers The event is being held in partnership with West Sussex County Council,

2. Pedal to Prayers events throughout the summer including free bike safety checks These take place on 10 June at St Paul's Church in Chichester, on 24 June at Revelation Church in Chichester and on 8 July at St Richard's Church in Chichester, **and**

3. guided bike ride from Chichester to Bosham on Saturday 23 June. Meet at 3pm at Westgate Leisure Chichester The family friendly ride will finish by 5.30pm and will be along mainly quiet lanes

Local schools have also been invited to take part in Bike Week by holding a 'Bling

Your Bike' competition There will be prizes for the best three decorated bikes The prizes have been donated by the county council.

Councillor John Connor, Cabinet Member for Environment at Chichester District Council, says "If you are thinking about getting on your bike, whether it is for the first time or to rediscover the benefits of cycling, then Bike Week is the perfect time to start. We want to encourage as many people as possible get on their bikes Cycling will give your health a boost and it is good for the environment There will be lots of information available to help you on your way including maps and cycling tips."

For more information on all these events and more information on cycling in the Chichester District see www.chichester.gov.uk/cycling

SATURDAY'S TV 16.06.12

CHOICE

Boris Johnson

Into Orbit: A Culture Show Special
BBC2, 8pm

In 2010 an intriguing sight began to take shape in the southern area of the Olympic Park in London... reaching its full height in November of last year. The ArcelorMittal Orbit is the UK's largest ever sculpture, and is a great swooping, twisted frame resembling a nightmarish rollercoaster and housing two observation platforms, which will afford visitors an unparalleled view of the city during the Olympics and beyond. In this special edition of The Culture Show exclusive interviews help to tell the story of Orbit.

BBC1

6.00 Breakfast. **9.00** Saturday Kitchen Live. **10.00** Hooping the Colour: The Queen's Birthday Parade. **11.00** BBC News: Regional News Headlines. **11.05** Inside Out: Loving the Dragon (2007). **5.00** Rip It Up.

6.00 Bod's Army. Mud-wrestling and the rescued gerbil into a circus while chasing a runaway teenage bullion. (R)

6.30 Weighing the Colour Highlights. The best moments from the military parade when the Colours will be troped by 1st Battalion Coldstream Guards to mark the Queen's official birthday.

8.00 Into Orbit: A Culture Show Special. The concept and creation of the ArcelorMittal Orbit, a gravity-defying sculpture and observation tower built to commemorate the London 2012, which stands 377ft above the Olympic Park.

9.00 Film: The Young Victoria (2009). In the early years of the queen's reign she's drawn into a powers struggle and falls in love with her cousin and eventual husband. Period dramas with Emily Blunt and Rupert Friend.

10.00 CBTPZ A selection of archive performances, including Wham!'s Supertramp, The Jacksons, ELO, Hot Chocolate, and a previously unshown appearance by Ernest Saville. (R)

11.30 Film: Perfume: The Story of a Murderer (2006) A mentally unstable perfumer's apprentice in 18th-century France resorts to murder to capture the perfect scent. Period thriller with Ben Whishaw.

2.00 Close

BBC2

6.00 CBeebies. **7.00** CBBC. **12.10** Escape to the Country. **12.40 Film:** Anatomy of a Murder (1959). **3.15 Film:** Geoff Loving the Dragon (2007). **5.00** Rip It Up.

6.00 Bod's Army. Mud-wrestling and the rescued gerbil into a circus while chasing a runaway teenage bullion. (R)

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2.00 Close

ITV1

6.00 CITV: Mini CITV **7.25** CITV **8.25** Saturday Cookbook. **9.25** ITV News. **9.30** The Jeremy Kyle Show. **10.25** The Jeremy Kyle Show. **11.30** The Real Housewives of New York City. **12.15** Murder She Wrote (R) **1.20** ITV News: Weather. **1.30** Film: Agatha Christie's Murder in Three Acts (1986). **3.15 Film:** Thunderbirds (1965). **5.40** Regional Programme: Weather **5.50** ITV News: Weather.

6.00 Primeval. New series. The team follow a giant burrowing mass causing chaos across the city while Philip hires a new ally assistant for Connor. Sci-fi adventure starring Cotton McKennahin.

7.00 You Cannot Be Serious! Alesha MacGowan presents the topical entertainment show mixing clips, sketches and impressions relevant to the week's big past and most talked-about acting events.

7.30 Ian Rowland at Home Entertainment. Another selection of footage filmed by viewers on their camcorders and mobile phones, featuring a day in the life of 'Prime Harry' and boys getting up to mischief.

8.00 Agatha Christie: a Period. School girl Jennifer Saltcliffe becomes embroiled in a mystery when priceless jewels are hidden among her belongings. (R)

10.30 ITV News: Weather

10.15 Film: 2012 Highlights Gareth Rochford and Gleaze v Rosen

11.05 Take Me Out. (R)

12.15 The Store. ITV News Headlines **2.05** to Plan Sight. (R) **3.05** ITV Nightscreen. **5.05** ITV Morning News

CHANNEL 4

6.00 The Treacle People. (R) **6.10** The Hooks. (R) **6.35 Film: Superbabies: World Championship 2012.** (R) **7.00** Britain's Got Talent. **7.05** The Morning Line. **8.55** 14 Pack of Aces. **14** Movie Special. **9.30** T4 Chatty. **T4** Special. **10.00** 14 Made in Chelsea: End of Season Party. **11.05** 14: Revenge. **12.10** 14: The Big Bang Theory. (R) **12.45** 14: The Simpsons. (R) **1.20** Road to London 2012: The Paralympic Show. **1.00** Channel 4 Racing. **5.05** Come Dine with Me. (R) **4.25** Come Dine with Me. (R) **5.25** Come Dine with Me. (R)

6.00 Come Dine with Me. Barry Dickman hosts the final! Newsreader party in Nottingham hoping his Greek themed night complete with traditional food will be enough for him to win the competition. (R)

8.25 Channel 4 News.

8.55 4Weight is.

7.00 Film: Easter Act (1992) A nightclub singer is sent to live in a convent for her own protection after agreeing to testify against a brutal gangster. Comedy starring Whoopi Goldberg and Harvey Keitel.

9.00 The Million Pound Drop Live. Davina McCall presents the quiz show in which contestants can win £1 million, but lose money for giving incorrect answers.

10.35 Films: Patriot Games (1992) Political thriller starring Harrison Ford.

12.05 Films: Dawn of the Dead (2004) **2.30** Enough (R) **2.35** The Million Pound Drop Live (R) **4.05** This is 303. (R) **4.10** Farewell Parties of 10. (R) **4.15** 51 Elsewhere. (R) **5.05** Grudge Match. (R) **5.20** Countdown. (R)

CHANNEL 5

6.00 Milkshake! **10.00** Inside Hollywood. **10.05** Big Body Squad. (R) **11.05** Big Brother: The Eviction (N) **12.05** Emergency Bikers (R)

3.05 Film: Cheat Crazy Horse (1955) **2.50 Film:** Calamity Jane (1953) **4.50 Film:** Bewitched (2005) Romantic fantasy comedy, with Nicole Kidman and Will Ferrell.

5.35 5 News Weekend

7.00 Cricket on 5. England v West Indies. Mark Nicholas presents highlights of the opening fixture in the three-match one-day series, on the sedan roof of the Kiwi Bowl in Southampton.

8.00 NCIS. Gibbs and DiNozzo investigate the case of a retired marine colonel found murdered with an axe and find the evidence points to his drug-addicted son. (R)

9.00 Big Brother. Highlights of the most recent goings-on, including the latest eviction from the housemates point of view.

10.00 Law & Order: Special Victims Unit. Aman accused of sexual assault is allowed bail he contacted the woman on a fantasy rape website leading the detectives to suspect the victim's ex-boyfriend of setting her up.

11.00 CSI: Crime Scene Investigation. The team tallies on four challenging cases: a nightclub shooting, a prostitute found dead in a hotel, a man electrocuted in his bath and a corpse wearing an alien costume. (R)

12.05 SuperCasino. **3.30** Nick's Quest. (R) **4.45** Rough Guide to Journeys. (R) **5.00** Hana's Helpline (R) **5.10** The Moneybox Show (R) **5.35** Thomas & Friends. (R) **5.45** Fifty Pence Racing Car. (R)

DIGITAL

BBC Three
7.00 Great Movie Mistakes 2011 Not in 3D? **2.00 Film:** Antoinette (2007) **8.00** Plain Jane & Lauren & Lakeith: Project Hackney **10.00** Earth: A New Wild **10.45** America's Dad **11.30** Russell Howard's Good News

BBC Four
7.00 Behind the Scenes at the Museum **8.00** Timeshift: When the Circus Comes to Town **9.00** Make Me Happy – A Monkey's Search for Happiness **10.00** The Art of Tommy Cooper **10.30** Parkinson: The Tommy Cooper and Frankie Howerd Interviews **11.10** Timeshift: Hotel Dallas!

ITV2
3.00 Film: Debbie (1963) **4.00 Film:** A Cinderella Story (2004) **8.45 Film:** Charlie and the Chocolate Factory (2005) **10.00** Benidorm **10.00** Mark Wright's Hollywood Nights **11.00** The Exclusives

ITV3
3.00 Film: Forever Young (1992) **6.00** Agatha Christie's Finest **8.00** Midsomer Murders **10.05** Wycliffe Pilot episode of the detective drama. **11.45** Cracker

ITV4
2.15 Film: Captain Newman MD (1964) **4.55 Film:** Escape to Victory (1981) **7.15** Euro 2012 Live: Denmark v Germany (Kick-off 7.45pm) **9.45** UEFA Champions League Greatest Matches **10.05 Film:** Full Metal Jacket (1987)

E4
9.30 Glee **4.30** 90210 **5.30** The Big Bang Theory **6.25** Revenge **7.25 Film:** Guess Who (2005) **9.30** Made Tube 2012 **11.35** Inside Girls

Film4
3.05 Rain Man (1969) **7.05** MirrorMask (2005) **9.05** The General's Daughter (1999) **11.15** The Black Dahlia (2006)

SUNDAY'S TV 17.06.12

CHOICE

David Tennant (left)

True Love
BBC1, 10.25pm

When actors are asked what attracted them to a certain role they usually insist it was the strength of the writing. However the big names in this new series can't use that line as they didn't even see a script. So maybe it was the chance to work with Baftа-winning director Dominic Savage convinced them to sign up for True Love. It explores five overlapping love stories: all set against the backdrop of the same town. The first focuses on Nick (David Tennant), who appears devoted to his wife Ruth and their children until his first love Serena re-appears.

BBC1

0.00 Breakfast. **9.00** The Andrew Marr Show. **10.00** Sunday Morning Live. **11.00** Country Tracks. (R) Weather for the Week Ahead. **12.00** Sunday Politics. **1.00** Reign in Hunt. (R) **2.05** Lemn from Queen's: The Final. **3.00** Life of the **5.10** Points of View. **5.25** Songs of Praise.

6.00 BBC News. Regional News, Weather.

6.30 Countryfile. The team visits the Isle of Purbeck Dorset, including Weather for the Week Ahead.

7.30 Antiques Roadshow. Fiona Bruce and her team return to Birmingham University where items of interest include jewellery that once belonged to Princess Margaret, and a silver travelling set.

8.30 The Inspector Lynley Mysteries. Lynley searches for a mysterious red-haired woman in connection with the disappearance of a theatrical schoolgirl and a young actor found drowned in a lake by the Hotel Parker stars. (R)

10.00 BBC News. Regional News, Weather.

10.29 True Love. New series. Nightly serial beginning with a drama starring David Tennant.

10.55 Match of the Day: UEFA Euro 2012 Highlights. Denmark v Germany and Portugal v Netherlands.

11.45 Film: Alpha Dog (2006). Fact-based crime drama, starring Emile Hirsch.

1.30 Weatherview **1.45** Sign Zone: Two Sweety Italians: Sun Hungry (R) **2.45** Holby City (R) **3.45** The Great British Countryside. (R) **4.00** BBC News.

BBC2

9.05 CBeebies. **7.05** CBBC. **9.30** Saturday Kitchen Best Bites. (R)

11.30 Rowing. **12.30** Live: MotoGP. **2.00 Film:** The Four Feathers (2002). **4.30** Escape to the Country (R) **5.00** Match of the Day Live: England v Netherlands (Kick-off 5.15pm)

7.15 Flog It! Alicky Moaning and Philip Serrell cast an eye over goods in Lancaster and Paul Martin visits Morecambe Sands with Cedric Robinson. (R)

8.00 Secrets of Big Living Planet. New series. Chris Packham reveals the connections between species living in some of the world's most diverse ecosystems, beginning by exploring the web of life in the Amazon.

9.00 Coast. Exploring the stories and histories of Britain's beaches, including the pebble-packs at Dungeness in Kent, sand at in Jersey and a stairwell at Pearl Talbot Lail in the series.

10.00 Mock the Week. Dara O Briain is joined by guests Ian Hislop, Colin Greg Davies and Micky Flanagan for another round of the satirical news quiz. (R)

10.05 Episodes. Merc wants Mira together one of his former Friends cast members to appear on Parkes' and LaBeau asks Sean and Beverly to help him woo Pat for the forthcoming Man of the Year event. (R)

11.00 Film: The Reuns (2008). Three women in different eras suffer similar personal crises, all linked by Virginia Woolf's novel. Nicole Kidman, Meryl Streep.

12.50 BBC News. 4.00 Close.

ITV1

6.00 CITV: Mini CITV **7.25** CITV **8.25** Dinner Date. **9.25** ITV News. **9.30** Adam Bidder. (R) **10.25** May the Best House Win. (R) **11.25** The Hungry Sisters. (R) **12.25** ITV News: Weather. **12.35** Documents: Real Deal. (R) **1.35** Murder She Wrote. (R) **2.30 Film:** Columbo: Prescription Murder (1968) Crime drama, starring Peter Falk. **4.30** Doc Martin. (R) **5.30** The Chase. (R)

6.25 Regional Programme: Weather

6.35 ITV News: Weather

6.40 Emmerdale. Cain tells Chas he thinks Cameron is having an affair after seeing him about his "weekend in Jersey". Ashley is devastated to hear Laurel wants a divorce.

7.15 Euro 2012 Live. Portugal's last chance to Kick-off 7.45pm. Adrian Chiles presents coverage from the Metalist Stadium in Kharkiv Ukraine where the teams play their final match in Group B.

10.00 ITV News at Ten: Weather

10.15 Film: The Disheartening Assemblage (1994) A retired virologist seeks for his wife's murder turns an extraordinary friendship with a fellow inmate and conceives a unique escape plan. Drama, with The Rainbow and Morgan Freeman.

12.55 The Store. Homes hopping ITV News Headlines **2.05** Motorsport UK. Highlights from Thruxton featuring live action about at the Clio Cup and round eight of the Renault Gt Supercup. With commentary by Richard John Hall and Simon Hill. **3.45** ITV Nightscreen. **5.30** ITV Morning News

CHANNEL 4

6.05 The Treacle People. (R) **6.15** Bookman 2012. **6.40** Football Short. Kingsmeadow. **7.05** Channel 4 Presents: Nathan Stephens "Warrior". (R) **7.10** Cycling. **8.05** Everybody Loves Raymond. (R) **8.30** Everybody Loves Raymond. (R) **8.55** Frasier. (R) **10.00** Sunday Brunch. **12.30** The Big Bang Theory. (R) **1.00** The Big Bang Theory. (R) **1.30** The Simpsons. (R) **2.00 Film:** Speed 2: Cruise Control (1997). **4.00** Deal or No Deal. **5.20** Time Team: Special: Rediscovering Ancient Britain.

8.20 Channel 4 News

8.50 4Thought is: An ethical discussion how prayer lost its importance in her

8.55 The Petticoat Diet Consultant Patty plans to develop more support for parents

7.00 Dara Ó Briain: Every 60 Minute. A mobile amuses on the ward in labour but her hopes of a water birth are dashed when complications force a change of plans. (R)

9.05 Canoe Dine with Me. Four people host dinner parties on Windsor Berkshire.

9.00 Film: My Sister's Keeper (2009) Premiere. A teenager who was conceived to be an organ donor for her dying older sister seeks legal separation from her parents. Drama, with Cameron Diaz and Abigail Breslin.

11.10 Films: Like Mike Sunshine. (2009) Comedy drama, starring Tara Collette.

1.05 Cameron. (R) **2.00** The Tannery. (R) **2.05** Hollyoaks. (R) **4.05** Channel 4 Presents – Liz Johnson "Night Swimmer". (R) **4.10** Dara Ó Briain: Deal. (R) **5.05** Countdown. (R) **5.50** Glamour Pubs. (R)

CHANNEL 5

6.00 Milkshake! **10.00** Peppa Pig. **6.05** Roary the Racing Car. (R) **6.15** Fifi and the Flowertots. (R) **6.25** City of Friends. (R) **6.40** Harry and His Bucket Full of Dinosaurs. (R) **6.50** Cosmic Farm. (R) **6.55** Abby's Flying Fairy School. **7.05** Rockabet and Custard Too. (R) **7.15** Bananas in Pyjamas. (R) **7.25** Family. (R) **7.35** Noddy in Toyland. (R) **7.45** Bert and Ernie's Great Adventures. (R) **7.55** Little Princess. (R) **8.05** The Adventures of Spot the Dog. **8.15** Horrid Henry. (R) **8.30** Rupert Bear. (R) **8.50** Sam and Holly's Little Kingdom. (R) **9.00** The Mr Men Show. (R) **9.20** Roary the Racing Car. (R) **9.35** The Middleton's. Show (R) **10.00** Meerkat Manor. (R) **10.30** Grey's Anatomy. (R) **11.25** Big Brother. (R) **12.25** Police Interceptors. (R) **1.50 Film:** Last Action Hero. (1993) **3.50** 5 News **3.55 Film:** Getting Even with Dad (1994)

6.00 Film: Dirty Dancing (1987) Romantic drama with Patrick Swayze and Jennifer Grey.

7.55 5 News Weekend

8.00 Once Upon a Time. Belle becomes a servant in the castle of Rumpelstiltskin and befriending develops feelings for him – but she cannot help worrying he is cursed with evil.

9.00 Big Brother. Daily round-up of highlights.

10.00 Film: Blue Bayou (2003) Comedy thriller sequel starring Will Smith and Martin Lawrence.

12.00 SuperCasino. **4.00** The FBI Files. (R) **4.45** Rough Guide to Bang for Your Buck. (R) **5.05** Hana's Helpline. (R) **5.10** The Moneybox Show. (R) **5.35** Thomas & Friends. (R) **5.45** Fifty Pence Racing Car. (R)

DIGITAL

BBC Three
7.00 Great Movie Mistakes 2011 Not in 3D? **2.00 Film:** Antoinette (2007) **8.00** Plain Jane & Lauren & Lakeith: Project Hackney **10.00** Earth: A New Wild **10.45** America's Dad **11.30** Russell Howard's Good News

BBC Four
7.00 Behind the Scenes at the Museum **8.00** Timeshift: When the Circus Comes to Town **9.00** Make Me Happy – A Monkey's Search for Happiness **10.00** The Art of Tommy Cooper **10.30** Parkinson: The Tommy Cooper and Frankie Howerd Interviews **11.10** Timeshift: Hotel Dallas!

ITV2
3.00 Film: Debbie (1963) **4.00 Film:** A Cinderella Story (2004) **8.45 Film:** Charlie and the Chocolate Factory (2005) **10.00** Benidorm **10.00** Mark Wright's Hollywood Nights **11.00** The Exclusives

ITV3
3.00 Film: Forever Young (1992) **6.00** Agatha Christie's Finest **8.00** Midsomer Murders **10.05** Wycliffe Pilot episode of the detective drama. **11.45** Cracker

ITV4
2.15 Film: Captain Newman MD (1964) **4.55 Film:** Escape to Victory (1981) **7.15** Euro 2012 Live: Denmark v Germany (Kick-off 7.45pm) **9.45** UEFA Champions League Greatest Matches **10.05 Film:** Full Metal Jacket (1987)

E4
9.30 Glee **4.30** 90210 **5.30** The Big Bang Theory **6.25** Revenge **7.25 Film:** Guess Who (2005) **9.30** Made Tube 2012 **11.35** Inside Girls

Film4
3.05 Rain Man (1969) **7.05** MirrorMask (2005) **9.05** The General's Daughter (1999) **11.15** The Black Dahlia (2006)

Monday

BBC1
6.00 Breakfast 9.15 Cornerstone Roadshow 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Real Rescues 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.05 CBBC 5.15 Panthers (R) 6.00 BBC News Weather 6.00 Regional News Programmes Weather 7.00 Match of the Day Live Euro 2012 Italy v Republic of Ireland or Croatia v Spain 10.00 BBC News 10.25 Regional News Weather 10.30 True Love 11.00 The Graham Norton Show (R) 11.50 Film The Lonely Guy (1984) 1.15 Web Preview 1.20 Sign Zone Antiques Uncovered (R) 2.20 The Life Farm Kitchen Cooking with Rachel Khoo (R) 3.00 Crag Hoppers Angels of Mustang (R) 3.20 Great British Menu (R) 4.20 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Beebies 11.00 BBC World News 12.00 Daily Politics 1.00 Animal Park (R) 1.30 Weakest Link (R) 2.10 To Buy or Not to Buy (R) 3.00 Ken Hunt's Big (R) 3.30 Celebrity Fingerprints Best of British (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads (R) 6.30 Great British Railway Journeys (R) 7.00 The Hairy Bikers Mums Know Best (R) 7.30 Natural Histories Urinating Hell's Fury of London 8.00 King George and Queen Mary: The Royals Who Saved the Monarchy (R) 10.00 Sounds of the 70s 2 Punk – Anarchy on Film 11.00 BBC World News 11.30 Secrets of Our Living Planet (R) 12.20 BBC News 4.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning Jose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 Show Me the Best Houses Win 2.00 Dickinson's Real Deal 3.00 Regional Weather 4.00 A Touch of Frost (R) 5.00 The Chase (R) 6.00 Regional News Weather 6.30 ITV News Weather 6.40 Coronation Street 7.00 The Walton Sextuplets: Moving On (R) 8.00 Benidorm (R) 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Euro 2012 Highlights 11.35 In Hell 12.35 Jackpot247 1.25 Jackpot247 ITV News Headlines 3.00 The Jeremy Kyle Show (R) 3.55 ITV Nightscreen 4.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.30 Channel 4 Presents – Lord Snowdon: Behind the Lens with David Bailey (R) 7.00 The Hotels (R) 7.30 Freshly Squeezed 7.35 According to Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Boss (R) 10.00 Location, Location, Location (R) 11.00 Secret Removers 12.00 Channel 4 News Midday Summary 12.05 James' 30 Minute Meals (R) 12.35 Rating Me! with Eric Lanlard (R) 1.00 Channel 4 Presents – Oscar Peterson "One Giant Leap" (R) 1.10 Film Down the Defiant (1962) 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Afterthought 8.00 Let My Dad Die Channel 4 Dispatches 8.30 Girls' Gone Chinese 9.00 The Secret Millionaire 10.00 Out in Out 11.00 Film Dead Man's Shoes 12.50 Sam Hallo yo! Everything Else (R) 11.20 Random Acts 11.25 Embarrassing Bodies Live from the Clinic (R) 12.30 The Great Web 12.35 The Big C 1.35 Film Lost in Translation (2003) 3.30 Friday Night In (R) 3.40 Snuthane! (R) 4.25 Streetwise (R) 5.15 Deal or No Deal (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 Rough Guide Ultimate Escapes 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.10 Monkey Life (R) 2.00 Chinese Food in Minutes (R) 3.00 Film The Long Shot (2004) Drama starring Jules Benz 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Emergency Bikes (R) 8 News Update 8.00 The Restaurant Inspector: A struggling roadside restaurant in Somerset 9 News at 9 9.00 By the Time I Get to Phoenix: The ups and downs of life in the house 10.00 The Walking Dead 11.00 Big Brother's (R) on the Side 12.00 Serial Killers: Ted Bundy 1.00 Supercasino 4.00 Hooves Doctor (R) 4.25 Michaela's Wild Challenge (R) 5.10 Wildlife SOS (R)

Tuesday

BBC1
6.00 Breakfast 9.15 Cornerstone Roadshow 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Real Rescues 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Royal Ascot 3.20 BBC News Weather Regional News 3.25 CBBC 5.15 Panthers (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 EastEnders 7.30 Inspector Gently (R) 10.00 BBC News 10.30 Regional News Weather National Lottery Update 10.35 True Love 11.00 Match of the Day UEFA Euro 2012 Highlights 12.45 Film Hurricane: The Source (2007) 1.35 Weatherview 1.40 Sign Zone The Great Euro Clash with Robert Peston (R) 2.30 Death Unexplained (R) 3.10 Come and Punishment (R) 3.00 Great British Menu (R) 4.20 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Beebies 11.30 BBC World News 12.00 Daily Politics 1.00 Coast (R) 1.00 Animal Park (R) 1.30 Weakest Link (R) 2.00 To Buy or Not to Buy (R) 2.30 Royal Ascot Further live coverage of the opening afternoon of the five-day festival 6.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads (R) 6.30 Great British Railway Journeys (R) 7.00 The Hairy Bikers Mums Know Best (R) 7.30 Natural Histories Mums Know Best (R) 8.00 Ocean Giants: The vocal ranges of whales and dolphins. Last in the series (R) 9.00 The Man Who Made Us Fat. 10.00 Monkey Week 10.30 Newsnight Weather 11.30 Hairy Chefdren (R) 12.30 The Culture Show (R) 12.30 BBC News 4.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning Jose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 May the Best Houses Win 3.00 Dickinson's Real Deal 3.00 Regional Weather 4.00 A Touch of Frost (R) 5.00 The Chase (R) 6.00 Regional News Weather 6.30 ITV News Weather 6.40 Coronation Street 7.00 England v Ukraine (Kick-off 7.45pm) 10.00 ITV News at Ten Weather 10.00 Regional News Weather 10.20 Film The Man Inside 12.10 Jackpot247 ITV News Headlines 3.00 Lorraine Women (R) 3.00 ITV Nightscreen 4.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.30 Sea Men (R) 8.30 The Hotels (R) 7.00 Freshly Squeezed 7.35 According to Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Boss (R) 10.00 Location, Location, Location (R) 11.00 Secret Removers 12.00 Channel 4 News Midday Summary 12.05 James' 30 Minute Meals (R) 12.30 River Cottage Fires (R) 12.59 Film Sailing for (1950) Satirical PoW drama starring William Holden 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Afterthought 8.00 Let My Dad Die Channel 4 Dispatches 8.30 Girls' Gone Chinese 9.00 The Secret Millionaire 10.00 Out in Out 11.00 Film Dead Man's Shoes 12.50 Sam Hallo yo! Everything Else (R) 11.20 Random Acts 11.25 Embarrassing Bodies Live from the Clinic (R) 12.30 The Great Web 12.35 The Big C 1.35 Film Lost in Translation (2003) 3.30 Friday Night In (R) 3.40 Snuthane! (R) 4.25 Streetwise (R) 5.15 Deal or No Deal (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 Rough Guide Ultimate Escapes 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.10 Monkey Life (R) 2.00 Chinese Food in Minutes (R) 3.00 Film The Long Shot (2004) Drama starring Jules Benz 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Emergency Bikes (R) 8 News Update 8.00 The Restaurant Inspector: A struggling roadside restaurant in Somerset 9 News at 9 9.00 By the Time I Get to Phoenix: The ups and downs of life in the house 10.00 The Walking Dead 11.00 Big Brother's (R) on the Side 12.00 Serial Killers: Ted Bundy 1.00 Supercasino 4.00 Hooves Doctor (R) 4.25 Michaela's Wild Challenge (R) 5.10 Wildlife SOS (R)

Wednesday

BBC1
6.00 Breakfast 9.15 Cornerstone Roadshow 10.00 Homes Under the Hammer BBC News Weather 11.00 Real Rescues 11.45 Cash in the Attic BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Royal Ascot 3.20 BBC News Weather Regional News 3.25 CBBC 5.15 Panthers (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 Escape to the Country Gold Rays Jonas BBC News Regional News 8.00 EastEnders 8.30 Silk 10.35 BBC News 10.25 Regional News Weather 10.30 The National Lottery Update Tonight Draws 10.45 True Love 11.15 True Love National Lottery Update 11.00 Film Possession (2002) 1.15 Weatherview 1.20 Sign Zone Great Criminal Street (R) 2.20 Film Britain (R) 3.00 Great British Railway Journeys (R) 3.00 Great British Menu (R) 4.20 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Beebies 11.30 Daily Politics 1.00 Coast (R) 1.00 Animal Park (R) 1.30 Weakest Link (R) 2.00 To Buy or Not to Buy (R) 2.30 Royal Ascot Further live coverage of the second afternoon of the five-day festival 6.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads (R) 6.30 Great British Railway Journeys (R) 7.00 The Hairy Bikers Mums Know Best (R) 8.00 Ocean Giants (R) 9.00 The Secret History of Our Streets 10.00 The Culture News 10.30 Newsnight Weather 11.30 The Mad Market made Smithfield (R) 12.20 BBC News 4.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning Jose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 May the Best Houses Win 3.00 Dickinson's Real Deal 3.00 Regional Weather 4.00 A Touch of Frost (R) 5.00 The Chase (R) 6.00 Regional News Weather 6.30 ITV News Weather 6.40 Coronation Street 7.00 Midsomer Murders (R) 9.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Film The Enforcer (1976) Crime thriller starring Clint Eastwood 12.40 Jackpot247 ITV News Headlines 2.25 Kayak (R) 4.50 ITV Nightscreen 5.30 ITV Morning News

Channel 4
6.10 The Hotels (R) 7.00 Channel 4 Presents – Lord Snowdon: Behind the Lens 7.55 Freshly Squeezed 7.35 According to Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Boss (R) 10.00 Location, Location, Location (R) 11.00 Secret Removers 12.00 Channel 4 News Midday Summary 12.05 James' 30 Minute Meals (R) 12.30 Sailing Mad with Eric Lanlard (R) 1.00 Film Sailing for (1950) Satirical PoW drama starring Ernst Flynn 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Afterthought 8.00 Let My Dad Die Channel 4 Dispatches 8.30 Girls' Gone Chinese 9.00 The Secret Millionaire 10.00 Out in Out 11.00 Film Dead Man's Shoes 12.50 Sam Hallo yo! Everything Else (R) 11.20 Random Acts 11.25 Embarrassing Bodies Live from the Clinic (R) 12.30 The Great Web 12.35 The Big C 1.35 Film Lost in Translation (2003) 3.30 Friday Night In (R) 3.40 Snuthane! (R) 4.25 Streetwise (R) 5.15 Deal or No Deal (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 Rough Guide Ultimate Escapes 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.10 Monkey Life (R) 2.00 Chinese Food in Minutes (R) 3.00 Film It Had to Be You (2003) Romantic comedy with Natasha Henstridge and Michael Ball (R) 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Police Interceptors (R) 8 News Update 8.00 World's Craziest Police Pursuits 9 News at 9 9.00 NCIS A young comedian to the disappearance of a series of weapons is murdered 10.00 Big Brother 11.00 Big Brother's (R) on the Side 12.00 Poker: The Big Game 1.00 Supercasino 3.00 Hooves Doctor (R) 4.25 Michaela's Wild Challenge (R) 5.10 Wildlife SOS (R)

Thursday

BBC1
6.00 Breakfast 9.15 Cornerstone Roadshow 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Real Rescues 11.45 Cash in the Attic BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Royal Ascot 3.20 BBC News Weather Regional News 3.25 CBBC 5.15 Panthers (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show Bids of Britain 7.30 EastEnders BBC News Regional News 8.30 Call the Midwife (R) 9.30 Would I Lie to You? 10.00 BBC News 10.30 Regional News Weather 10.35 Question Time 11.35 Match of the Day UEFA Euro 2012 Highlights 12.15 Holiday Weatherview 12.00 Sign Zone Countryfile (R) 1.20 Antiques Roadshow (R) 2.20 Come and Punishment (R) 3.00 Fake Britain (R) 3.00 Great British Railway Journeys (R) 4.20 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Beebies 11.30 BBC World News 12.00 Daily Politics 1.00 Coast (R) 1.00 Animal Park (R) 1.30 Weakest Link (R) 2.30 To Buy or Not to Buy (R) 3.20 Royal Ascot Further live coverage of the third afternoon of the five-day festival 6.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads (R) 6.30 Great British Railway Journeys (R) 7.00 The Hairy Bikers Mums Know Best (R) 8.00 Ocean Giants The vocal ranges of whales and dolphins. Last in the series (R) 9.00 The Man Who Made Us Fat. 10.00 Monkey Week 10.30 Newsnight Weather 11.30 Hairy Chefdren (R) 12.30 The Culture Show (R) 12.30 BBC News 4.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning Jose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 May the Best Houses Win 3.00 Dickinson's Real Deal 3.00 Regional Weather 4.00 A Touch of Frost (R) 5.00 The Chase (R) 6.00 Regional News Weather 6.30 ITV News Weather 6.40 Coronation Street 7.00 Euro 2012 Live The opening quarterfinal 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Pere Morgan's Life Sharon Bruce Forsyth (R) 11.30 Caroline Quentin A Passage Through India (R) 12.30 Jackpot247 ITV News Headlines 2.35 ITV Nightscreen 4.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.15 The Hotels (R) 6.40 The Hotels (R) 7.05 Freshly Squeezed 7.35 According to Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Boss (R) 10.00 Location, Location, Location (R) 11.00 Secret Removers 12.00 Channel 4 News Midday Summary 12.05 James' 30 Minute Meals (R) 12.35 Quick Bakes with Eric Lanlard (R) 1.00 Film Kim (1950) Period action adventure starring Errol Flynn 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Afterthought 8.00 Let My Dad Die Channel 4 Dispatches 8.30 Girls' Gone Chinese 9.00 The Secret Millionaire (R) 10.00 Out in Out 11.00 Film Dead Man's Shoes 12.50 Sam Hallo yo! Everything Else (R) 11.20 Random Acts 11.25 Embarrassing Bodies Live from the Clinic (R) 12.30 The Great Web 12.35 The Big C 1.35 Film Lost in Translation (2003) 3.30 Friday Night In (R) 3.40 Snuthane! (R) 4.25 Streetwise (R) 5.15 Deal or No Deal (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 Rough Guide Ultimate Escapes 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.10 Monkey Life (R) 2.00 Chinese Food in Minutes (R) 3.00 Film It Had to Be You (2003) Romantic comedy with Natasha Henstridge and Michael Ball (R) 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Police Interceptors (R) 8 News Update 8.00 World's Craziest Police Pursuits 9 News at 9 9.00 NCIS A young comedian to the disappearance of a series of weapons is murdered 10.00 Big Brother 11.00 Big Brother's (R) on the Side 12.00 Poker: The Big Game 1.00 Supercasino 3.00 Hooves Doctor (R) 4.25 Michaela's Wild Challenge (R) 5.10 Wildlife SOS (R)

Friday

BBC1
6.00 Breakfast 9.15 Cornerstone Roadshow 10.00 Homes Under the Hammer BBC News Weather 11.00 Real Rescues 11.00 Cash in the Attic BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.40 Royal Ascot Live coverage of the fourth afternoon of the five-day festival 3.20 BBC News Weather Regional News 3.30 CBBC 5.15 Panthers (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 Match of the Day Live Euro 2012 The second quarterfinal Kick-off 7.45pm) 10.00 BBC News 10.05 Regional News Weather 10.30 The Graham Norton Show 11.30 The National Lottery Friday Night Draws 11.50 White Van Man (R) 12.00 EastEnders (R) 2.30 Weatherview 2.30 Sign Zone Silk (R) 3.30 Question Time (R) 4.30 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Beebies 11.30 BBC World News 12.00 Daily Politics 1.00 Coast (R) 1.00 Animal Park (R) 1.30 Weakest Link (R) 2.30 To Buy or Not to Buy (R) 3.20 Royal Ascot Further live coverage of the fourth afternoon of the five-day festival 6.10 Put Your Money Where You Mouth Is. (R) 6.00 Eggheads (R) 6.30 Great Br ish Railway Journeys (R) 7.30 The Hairy Bikers Mums Know Best (R) 8.00 Coast British submariners in the Swedish coast 8.30 Gardeners' World 9.00 Shakespeare and Us 10.00 Episodes 10.30 Newsnight 11.00 The Review Show 11.00 Weather 11.30 Mock the Week 12.30 Newsnight Weather 12.00 Film (R) 2.00 BBC News 4.00 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning Jose Women 1.30 ITV News, Weather 1.55 Regional News Weather 2.00 May the Best Houses Win 3.00 Dickinson's Real Deal 3.00 Regional Weather 4.00 A Touch of Frost (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News Weather 7.00 Emmerdale 8.00 Lewis (R) 10.00 Film Pearl Harbour 10.30 Regional News Weather 10.35 Euro 2012 Highlights, 11.35 Film Best in Show (2000) Spoof documentary starring Eugene Levy 1.15 The Tonic ITV News Headlines 2.10 Film Confessions Ashes to Ashes (1999) 4.45 ITV Nightscreen 5.30 ITV Morning News

Channel 4
6.15 The Hotels (R) 6.40 The Hotels (R) 7.05 Freshly Squeezed 7.35 According to Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Boss, (R) 10.00 Location, Location, Location (R) 11.00 Secret Removers 12.00 Channel 4 News Midday Summary 12.05 James' 30 Minute Meals (R) 12.35 Quick Bakes with Eric Lanlard (R) 1.00 Film Kim (1950) Period action adventure starring Errol Flynn 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Afterthought 8.00 Let My Dad Die Channel 4 Dispatches 8.30 Girls' Gone Chinese 9.00 The Secret Millionaire (R) 10.00 Out in Out 11.00 Film Dead Man's Shoes 12.50 Sam Hallo yo! Everything Else (R) 11.20 Random Acts 11.25 Embarrassing Bodies Live from the Clinic (R) 12.30 The Great Web 12.35 The Big C 1.35 Film Lost in Translation (2003) 3.30 Friday Night In (R) 3.40 Snuthane! (R) 4.25 Streetwise (R) 5.15 Deal or No Deal (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 Rough Guide Ultimate Escapes 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.10 Monkey Life (R) 2.00 Chinese Food in Minutes (R) 3.00 Film A Real Weirdo Having (2004) Romantic drama with Mariel Hemingway and Tim Dutton 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Big Daddy 8 News Update 8.00 Marco Pierre White's Kitchen Wars 9 News at 9 9.00 The Boy That Call Fish Extraordinary People 10.00 Big Brother Mum from the house 11.00 Big Brother's (R) on the Side 12.00 Supercasino 3.00 Great Artists (R) 4.20 Michaela's Wild Challenge (R) 5.10 Wildlife SOS (R)

This week's crossword - Clues

Across

1 Rage (5)
4 Defect (7)
8. Strain (7)
9 Frolic (5)
10 Loer (4)
11 Insulting (8)
13 Dumb show (4)
14 Muddle (4)
16. Reveal (8)
17 Brink (4)
20 Oneness (5)
21 Emperor's wife (7)
22. FR of temper (7)
23. Devil (5)

Down

1. Certainly (7,1,5)
2. Cancel (5)
3. Greet (4)
4. Fruit (6)
5. Surrounded (8)
6. Stamp (7)
7. British naval here (7,6)
12. User (8)
13 Errand (7)
15 Respect (6)
18. Vision (5)
19. Copied (4)

Last week's solution

ACROSS 3 ENDEAVOUR 8 LOOT 9 PARSONAGE 10 [illegible]VERT 11 SYNOD 14 DIVAN 15 RIFT 16 GROSS 18 TEAR 20 TRADE 21 LEASH 24 BEYOND 25 BILATERAL 26 MAIN 27 STERILITY
DOWN 1 ELUCIDATE 2 CONVIVIAL 4 NEAT 5 ESSAY 6 VENDOR 7 URGE 9 PRONG 11 SLOTH 12 DISAVOWAL 13 ATTENDANT 17 STEEL 19 REPAIR 22 STEAL 23 LIFT 24 BAIT

Food & Drink

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Simon Cowell in cooking show talks

SIMON COWELL is chewing the fat with TV bosses about a talent show about cooking

He is understood to be in discussions with ITV about a series called Food Glorious Food in which he aims to find the best British dish

It would see the winner land a cash prize and the meal would be available to buy through retailer Marks & Spencer

The programme, which would involve a series of regional heats before the TV finals, would air in February of next year, according to a source.

The cooks would have to convince experts that the dish had a strong British story behind it

A formal announcement is expected later this month

It is the latest talent show in Cowell's roster. He is already behind The X Factor, Britain's Got Talent and a new series aimed at finding skilled DJs.

Food safety paying the price of higher grocery prices

THE FOOD PRICE INDEX - produced by the Food and Agriculture Organization of the United Nations - suggests we are paying less for food this year than we did for much of 2010 and 2011. But research conducted in the UK finds that these tight food budgets might have some food safety ramifications.

A survey research conducted for the UK's Food Standards Agency in anticipation of Food Safety Week - observed June 11-17 - found that people clearly feel the cost of a "weekly food shop" is considerably more than it was 3 years ago.

Those higher price impressions, according to the researchers, are causing value-conscious shoppers in the UK to be quick to take advantage of offers, cheaper brands, and to take more risks with food safety.

Saving excess food for later fits with people's lifestyles and makes food spending go further.

A possible downside the researchers discovered was that people are relying more on their personal judgment about whether food is safe to eat and going less by "use by" dates than they did in the past.

The research found that 97 percent believe the cost of filling their shopping basket has gone up in the last three years, and almost half (47 percent) say they are making leftovers last longer than the recommended stint of two days in the fridge.

In reaction to their survey, FSA officials issued some cautionary statements.

"Using leftover food is a good way of making our meals go further," says Bob Martin, an FSA food expert. "However, unless we're careful, there's a chance we can risk food poisoning by not storing or handling them properly. During Food Safety Week we are encouraging people to view their fridge as their friend, and make the most of left-overs while staying safe."

The UK experiences about one million cases of food poisoning each year, with the peak period being the summer months, when an additional 120,000 cases occur from June to August. Warmer temperatures cause germs to grow faster and require getting leftovers in the fridge quickly.

FSA said the survey was conducted in part to get a handle on the public's shopping habits in the current economic climate and to understand how rising costs of food impacts food safety habits.

Participants in the survey included 1,906 residents of England, Scotland, Wales, and Northern Ireland. One sign that people are very conscious of food costs is the fact that 9 of 10 people always or sometimes check what's in their cupboards before going out buy groceries, and 94 percent shop from a prepared list. Almost all stick to it.

FSA's advice on leftovers includes:

- Cover leftovers and get them into the fridge within 90 minutes
- Check to be sure the fridge is cooling to the required temperature (below 5 degrees Celsius or 41 degrees Fahrenheit)
- Cool leftovers before freezing them
- Properly defrost frozen leftovers, using the microwave if you are in a hurry.
- Eat defrosted leftovers within 24 hours unless you are defrosting raw meat or poultry.

Cook leftovers until steaming hot.

FSA also stressed the importance of "use by" dates. "It's tempting to just give your food a sniff to see if you think it's gone off, but food bugs like E. coli and Salmonella don't cause food to smell off, even when they may have grown to dangerous levels," Martin said. "So food could look and smell fine but still be harmful."

Gold and silver awards for Co-operative own-brand products

THE CO-OPERATIVE FOOD has picked up four gold and two silver medals at the 2012 Grocer Own Label Food & Drink Awards.

The prestigious awards reward the most outstanding products in the own-label category, and this year received over 700 entries.

Gold medals were given out to three of The Co-operative's premium Truly Irresistible products, including the Lemon and Poppy Seed Loaf Cake, Somerset Vintage Cheddar and Basil Infused Olive Oil, with silver medals being awarded to the Truly Irresistible Sea Salt and Chardonnay Wine Vinegar Flavour Crisps, and Cod & Chorizo Fishcakes.

The Co-operative's Chicken Tikka Masala with Pilau Rice also received a gold award in the frozen ready meal category.

Kate Jones, Head of Product Development and Farms, The Co-operative Food, said: "We put a lot of effort into creating delicious, great-value own-brand products for our customers, so we're delighted that this has been recognised at these prestigious awards."

Brits 'embracing foreign foods'

FOREIGN FOOD finds more favour with Britons than traditional UK dishes, according to a survey.

Britons generally turn up their noses at such fare as jellied eels, haggis and faggots, the poll by holidaylettings.co.uk found.

Instead they are more likely to go for spaghetti Bolognese, French crepes and Spanish paella.

Based on responses from 3,000 UK adults, the survey showed that only 33% would describe Britain as a foodie destination.

Jellied eels was the traditional dish Britons would least like to try, with 73% saying they did not fancy it.

The next least-desirable British dishes were haggis and faggots.

Spaghetti Bolognese was the most popular foreign dish, followed by American hamburgers, crepes and paella.

"There's been something of a foodie revolution in the UK over the past 10 years with palates becoming more sophisticated, so it's a shame we've not become better at embracing some of our traditional regional dishes," said Kate Stinchcombe-Gillies from holidaylettings.co.uk.

She went on: "If we're open to trying new foods and tastes when we go abroad we really should be doing the same when we holiday in the UK."

the ship chichester
FOOD GLORIOUS FOOD

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Feel free to choose from any of our menus in the bar, restaurant or 'garden' and please don't forget our current menus and wine list are there to view on our website www.theshiphotel.net or better still at The Ship Hotel in North Street right in the very heart of Chichester

the ship chichester
THE GLORIOUS GARDEN

Our 'glorious garden' is now open for you to enjoy breakfast lunch dinner or perhaps just a refreshing drink

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the ship chichester
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Take the plank!!! our brand new sharing plank is already one of the most popular dishes we have ever created . A fantastic mix of ingredients, wilterings hot smoked salmon, quail scotch eggs potted shrimps venison wontons, pork rillette, house maple baked ham, celeriac remoulade, beetroot and orange chutney, croquet monsieur, fresh baked bread the list goes on and on. Fabulous as a starter or a main and delicious with a stunning bottle of chilled wine or maybe some bubbles in the restaurant, bar or 'garden'. Fun to share we have also created a vegetarian antipart! version or you may like to dive into a gooey baked camembert! All these great new dishes can be seen on our website www theshiphotel, net or better still at The Ship Hotel in North Street right in the very heart of Chichester

For more information, or to book a room or table tel: **01243 778000**
The Ship Hotel, 57 North Street, Chichester, West Sussex, PO19 1NH
www.theshiphotel.net

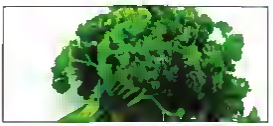
Parsley – The Natural Healer

Denise Kelly

IT'S UNIVERSALLY RECOGNISED, and each year tons of this aromatic leaf are placed upon dinner plates world wide, only to be scraped away with the leftovers' Parsley is so much more than a natural breath freshener and has a surprising amount of healing abilities

The healing magic in parsley can be found in two main components. It contains myristicin and apiol, both of which can help increase the flow of the urine Passing more urine helps remove infection-causing bacteria from the urinary tract It is this same diuretic action that also helps prevent premenstrual bloating Nibbling away on parsley for a few days before menstruation can help increase urine flow, so it is removing excess fluids from the body before the discomfort begins Did you know that half a cup of fresh parsley contains 40 milligrams of vitamin C! That's more than half the amount found in a whole orange Parsley is also a good source of folate, a B vitamin that is necessary for producing red blood cells and helping to prevent birth defects It is also an excellent source of vitamin A, vitamin C, vitamin K and iron Anti-cancer studies have shown that myristicin, the organic compound found in the essential oil of parsley, not only inhibits tumor formation (especially in the lungs), but also activates the enzymes, which helps to fight against oxidized molecules and free radicals in the body Myristicin can also neutralize carcinogens (toxins) like benzopyrene in cigarette smoke that can pass through the body, consequently fighting against colon and prostate cancer Parsley is rich with an antioxidant arsenal that includes luteolin, a flavonoid that searches out and eradicates free radicals in the body that cause oxidative stress in cells Luteolin also promotes carbohydrate metabolism and serves the body as an anti-inflammatory agent Along with luteolin, the vitamin C found in parsley serves as an effective anti-inflammatory agent within the body When consumed regularly, they combat the onset of inflammatory disorders, such as osteoarthritis (the degeneration of joint cartilage and the underlying bone) and rheumatoid arthritis (a disease causing inflammation in the joints) The vitamin C and vitamin A found in parsley serve to strengthen the body's immune system, though in different ways. Vitamin C is necessary for collagen, the main structural protein found in connective tissue. This essential nutrient, will not only accelerate the body's ability to repair wounds, but also maintain healthy bones and teeth Vitamin A, on the other hand, fortifies the sorry points into the human body, such as mucous membranes, the lining of the eyes, and respiratory, urinary and intestinal tracts. Moreover, lymphocytes, or white blood cells, rely on vitamin A to fight infection in the body.

Homocysteine, an amino acid that occurs in the body, threatens the body's blood vessels when its levels become too high Luckily, the folate (or vitamin B9) found in parsley helps convert homocysteine into harmless molecules So its good to know that a regular garnish of parsley can help ward off cardiovascular diseases, such as heart attack, stroke, and atherosclerosis. Just two tablespoons of parsley have a whopping 153% of the RDA of vitamin K, which is necessary for the synthesis of osteocalcin, a protein that strengthens the composition of our bones

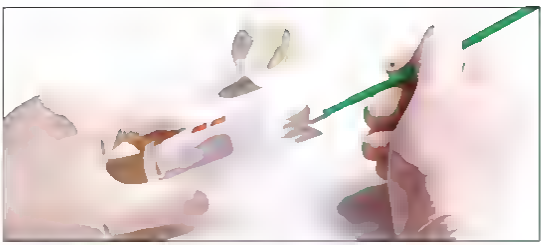


Vitamin K also prevents calcium build-up in our tissue that can lead to atherosclerosis, cardiovascular disease and stroke The vitamin K found in parsley is also essential for synthesizing sphingolipid, the fat needed to maintain the myelin sheath around our nerves, and therefore our nervous system as a whole

Do not under estimate this common herb that should be known as the 'wonder herb'! Next time you are using parsley as just a garnish, think about adding a little more to your plate on a daily basis It's the small changes that make the biggest differences

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

Cervical cancer screening plea



A CHARITY is urging women to attend their cervical screening tests, after figures showed one in four did not take up their invitation to attend an appointment

Jo's Cervical Cancer Trust is making the plea as part of national Cervical Screening Awareness Week

Almost 20% of women aged between 25 and 29 missed their screening invitation in 2010/11, while 23% of women aged between 50 and 60 also failed to get screened last year, according to the charity

Robert Music, the charity's director said "Each year the UK screening programme saves 5,000 lives yet one in four Scottish women are not attending their cervical screening test and over 300 women in Scotland are diagnosed with the disease.

"Cervical screening can help reduce these numbers so the more we can do to stress the importance of this life-saving test the better."

He added: "With such a worrying decline in numbers, our campaign is also targeting Glasgow where uptake is 70% - the lowest in the country Adverts urging eligible women to get screened will adorn buses across the city with a potential to reach 62% of the city's population."

UK wide research by the charity highlighted several barriers to women attending Some women said they did not feel screening was a necessary test

Some found it difficult to arrange an appointment for screening around their work schedules, and said more flexibility from GPs around appointment times would encourage them to make it more of a priority

Mr Music added: "Another major contributing factor to women not attending is embarrassment and fear of the procedure. We want to reverse this trend by reassuring those who are nervous about the test that it's a simple five minute procedure that could save their life."

Warning over undiagnosed diabetes

ALMOST one in 70 people are living with undiagnosed diabetes and are running the risk of "devastating" complications, the UK's leading diabetes charity said.

There are an estimated 850,000 cases of undiagnosed Type 2 thebetes in Britain, meaning about one in 74 people has it but does not know, according to Diabetes UK.

That equates to at least one passenger on a full double-decker bus or about 1,000 people in a full Wembley Stadium having undiagnosed thebetes, the charity said.

Sufferers are missing vital health checks and those who leave the condition untreated run a greater risk of complications such as amputation, blindness, kidney failure and stroke

Risk factors for Type 2 diabetes include being overweight, having a large waist and being physically inactive Older people and people from a black or South Asian background are also at higher risk, as are people with a family history of the condition.

To mark the start of Diabetes Week, the charity and healthcare specialists Bupa will attempt to break the world record for the number of waists measured in eight hours The record attempt will launch a series of roadshows around the country where teams will refer people who are at high risk to their GP. This will mean that people who have the condition can be diagnosed and those who do not have it but are at high risk can be given the advice and support to help prevent it.

Barbara Young, chief executive of Diabetes UK, said: "When you consider the potentially devastating health consequences of Type 2 diabetes, it is shocking that so many people have the condition and do not know it These figures show that every time we walk down our local high street, we are likely to be walking past people who have undiagnosed Type 2 diabetes.

"This is a real concern because it is only by getting the condition diagnosed early that people can start getting the treatment they need to prevent serious health complications, including blindness, amputation, kidney failure and stroke Getting these people diagnosed is a race against time and unfortunately it is a race we are all too often losing We are also encouraging people to talk to their friends and family about Type 2 diabetes Making them aware that someone can have it for a number of years without realising it could be the vital first step towards someone being diagnosed and getting the healthcare that can give them the best chance of a long and healthy life."

Diabetes is a condition in which the amount of glucose in the blood is too high because the body cannot use it properly Type 2 diabetes develops when the body can produce some insulin, which breaks down glucose, but not enough, or when the insulin that is produced does not work properly

NEWS SPLASH: Spirit *Rains* Supreme!

Spirit fm
96.6 102.3 106.6

"Well done for the traffic news, road closures due to flooding. It has been so useful in planning the family's day i.e. work etc. Thank you for the latest up to date information which helps keep people safe. FANTASTIC RADIO STATION AND STAFF!"
K. Stavell

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- When you contacted us with local updates we were able to transmit the details immediately. **Thank you for helping us to keep the people of West Sussex informed and safe.**
- As well as listening on the radio, **thousands of you tuned in via www.spiritfm.net and our mobile app** (available free of charge from our website), sending statistics for on-line streaming rising as swiftly as the river Lavant.

"I just wanted to say what a fantastic job the radio station has done in keeping us all informed on travel, road conditions, etc. during this dreadful time with the floods. A big thank you."
P. Brittan

Fashion

GOT ANY FASHION TIPS?
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Sandler: My clothes embarrass kids

ADAM SANDLER has confessed his fashion sense often leaves his daughters blushing

The Jack And Jill funnyman, 45, admitted that his kids - six-year-old Sadie and Sunny, 3 - don't approve of his wardrobe choices

"I do embarrass them now. I wear shorts a lot, and my kids do ask me to put pants on when I go to school," he told People.com

They ask, 'Could you just one time wear pants?' And every time I get out of the car, I look down and I go, 'I got those shorts on!' Who's gonna yell at me?"

Adam - who plays Andy Samberg's father in new movie That's My Boy - admitted he may have taken some inspiration from his own dad

"My father used to wear the same pants for like a week," recalled the 45 year old

And I remember that was like, 'My friends have been over three times this week, and they've seen him in the brown pants.' Can I please convince this guy to get on some blue pants for the day?"

H&M teams up with Maison Martin Margiela for new collection

H&M has announced its latest designer collaboration with French fashion house Maison Martin Margiela.

Now H&M will team up with Maison Martin Margiela, the Paris-based label known for its avant-garde designs

Margareta van den Bosch, creative advisor at H&M, said of the collaboration: "Maison Martin Margiela is one of the most important and influential fashion houses of the past three decades

"I am so excited by this collaboration which will give fashion lovers around the world the chance to wear special pieces by Maison Martin Margiela. This collaboration will be a great and memorable fashion moment.

In turn the fashion house said they would be offering a new interpretation of our vision, adding: "The democracy of our fashion has always been at the centre of our creativity, and the collaboration with H&M allows us to push this instinct further.

"We will bring together the contrasting universes of the two houses in ways that will surprise all.

"The collection, which will include accessories as well as men's and women's clothing, will be sold online and in around 230 H&M stores worldwide from November.

Louvre makes history by hosting Ferragamo

FOR THE FIRST TIME in its history, the French capital's iconic Louvre Museum opened up its storied arcades to fashion on Tuesday - a catwalk show by Italian house Salvatore Ferragamo.

Proof enough of the unique setting of this collection lay with the celebrity-filled front row - from actresses Freida Pinto and Leighton Meester to Oscar-winner Hilary Swank.

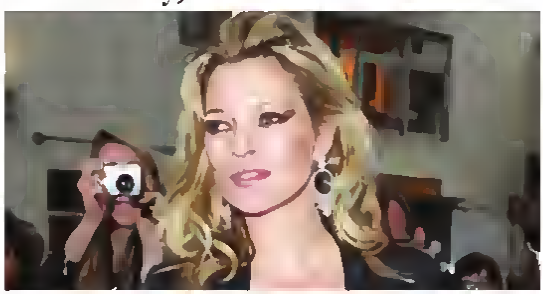
The mid-season resort show was in pure celebration of a brand that began as a leather shoemaker for Hollywood's first stars and went on to become a household name for ready-to-wear, both for men and women.

The Florence-based house was granted unprecedented access to an impressive 120 meters of the Denon Wing arcade of the almost 800-year-old building thanks to its sponsorship of the Louvre's current exhibition of "The Virgin and Saint Anne," the last painting by Florentine master Leonardo da Vinci.

The Louvre is also respectfully tipping its hat to Florence - a city which, like Paris, has been a pole of creativity across the centuries.

It was impressive how Giorgetti, in often loose, gentle silhouettes, matched exactly the limestone palette inside the Louvre, common in buildings across Paris.

Put it away, Moss tells UK women



SUPERMODEL KATE MOSS has dished out fashion advice to British women - stop flashing so much flesh.

The catwalk star, 38, who has worn very little on occasion over the years, suggested that women struggle to dress well in hot weather because they are not used to it.

Asked what her one piece of fashion advice for the British public would be, she told Grazia magazine: "When you're driving down the road in the summer, the English people... It's not our natural thing, no. So it's 'put it awaaaaaay'."

The Croydon-born model also revealed that she still made her own fashion gaffes.

"Zips. I've got a problem with zips. Sometimes I just forget to do them up," she said. "Running out the door. You know... Just zips... It's funny!"

Moss told the magazine that marrying the Kills rocker Jamie Hince last year had not changed her wardrobe - but the guitarist did tell her when she had gone too far. "He would go mental if I started dressing like a wife! No! He likes me when I'm a rock 'n roll kind of girl," she said.

But the supermodel said that she had been forced to compromise her fashion choices since getting a pet dog.

"It's a nightmare. I'm having to rethink everything. You can't walk a dog in a heel. You look ridiculous. Course (I've tried)," she said.

Moss said that she had professional help coming up with a storage system for her own wardrobe.

She told the magazine that people had tried to persuade her to wear something ridiculous to see if her fans copied her, but she was not tempted.

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Pests and how to control them

Jo Golesworthy tells you what to look out for and how to eliminate them with minimal damage to the plants and the environment

AT THIS time of year snails are the least of our worries. It's the raft of other creepy crawlies that are causing havoc in the garden. The warm wet weather has become a breeding ground for some nasty garden pests.

> "The best means of ridding your garden from pests is to encourage predators such as ladybirds"

This weekend alone I've battled white fly and aphids, caterpillars and mice. Who knew so many bugs and beasties were prepared to get outside in the wind and rain. Just by nature this is their time but they don't have to take over. Here's a little help with what to do to get rid of them.

Aphids can cause damage to flower buds. The best means of ridding your garden from them is to either encourage predators such as ladybirds to run riot over the new plants or spray with an organic repellant or soapy water. This kills off the eggs and makes it difficult for the aphids to continue.

Black flies hide under any plant leaf. The most organic method of controlling them is to remove by hand or cut off infected areas of the plant and dispose of in hot water to ensure they can not move onto other plants. A blast with a strong hose works too!

Ants are often found in and around black fly as they harvest the honey dew the black fly produce. It's difficult to know what to do as their colonies are so industrious and strong. The only method I swear by is boiling water directly into the nest. This is often not possible as it affects the roots of surrounding plants but it great if the nests are in amongst paving and stones.

Cabbage white butterflies are one of the most destructive vegetable plant pests. Where possible remove the caterpillars and destroy them. Use protective netting on new plants.

Jo Golesworthy
Horticulturalist, gardener, writer and designer. If you have any queries, questions or quandaries related to gardening or are looking for someone to work in, or advise you on your garden do drop me an email at jgolesworthy@hotmail.com

...harvest the honey dew pro... ...often find them a... ...together

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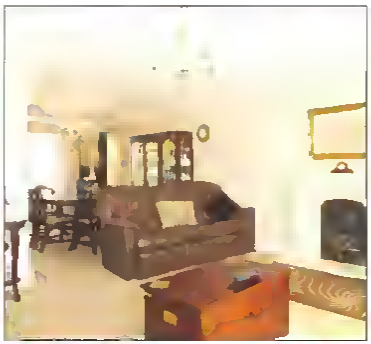

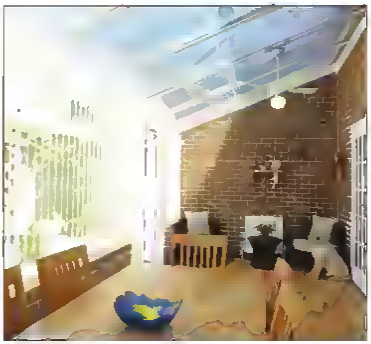

UK house prices will flatline, says the Halifax

UK HOUSE prices will end the year at the same level as now owing to tough economic conditions, a lender has predicted.

The Halifax, now part of the Lloyds Banking Group, said prices were broadly the same as a year ago, falling by 0.1% in May compared with a year earlier.

Various surveys have suggested the UK housing market is relatively stagnant.

But Halifax said prices had picked up between April and May, rising by 0.5%, to an average of £160,941.

These monthly figures are relatively volatile, having shown a 2.8% fall between March and April.

The three-month on three-month measure showed a 0.8% rise in prices by the end of May.

"While there has been a modest improvement in the trend for house prices recently, the current average UK price is very similar to the levels both a year ago and at the beginning of this year," said Martin Ellis, housing economist for the Halifax.

"We expect this situation to continue with prices likely to still be around today's levels at the end of 2012 as the ongoing tough economic environment constrains housing demand."

He said that uncertainty in the economy and an "intensification" in the eurozone crisis meant that lenders would continue to be cautious in offering mortgages. This would continue to put the brakes on any housing market activity or price rises.

Halifax and rival Nationwide construct their house price data from samples of their own mortgage lending.

A recent Nationwide survey suggested that prices were "fairly stable". The lender said prices rose by 0.3% in May, but this still left them 0.7% lower than a year ago.

The year-on-year comparison is calculated slightly differently by the two lenders. The Halifax compares the previous three months with the same three months a year earlier to give a smoother comparison, rather than a direct comparison of the equivalent months as calculated by the Nationwide.

One industry commentator said that a stable market was actually a sign of inactivity.

Ashley Alexander, managing director of estate agent review website MeetMyAgent.co.uk, said that major sporting occasions this summer would mean fewer people spending time out house-hunting.

"There are simply too many factors preventing a purchase. A lack of stock generally, intransigent sellers, tougher lending criteria and consumer caution are keeping transaction levels low," he added.

"Even the prospect of low interest rates for another year or two, or even three, is not enough to convince people to buy."

The Land Registry survey, widely regarded as the most comprehensive although it only covers England and Wales, suggested that prices had fallen by 1% in April compared with a year earlier.

Notice of proposed legislation affecting landowners and occupiers and other interested parties

ALL LANDOWNERS AND OCCUPIERS on or under whose land sections of the Government Pipeline and Storage System or supporting infrastructure was laid, installed or constructed should note that the Government is to introduce legislative changes to allow possible future sale of the system.

All affected parties should now have received a letter sent to them by the Ministry of Defence, including details of the proposed changes and explaining their effect.

Any landowner or occupier who has not received such a letter, or any other person who believes they may be impacted by the legislation should contact the Ministry of Defence at PO Box 7273, Ashby de la Zouch, Leicestershire LE65 2BY. Further information can also be found on the Ministry of Defence's website at http://www.mod.uk/gps

Peter Shortt
Head Business Strategy & Governance
Ministry of Defence

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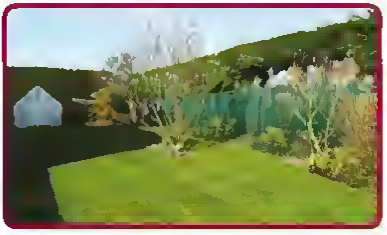
ALDWICK **£495,000**

A detached house situated in a small private marine estate, just one row back from the private beach. The accommodation would benefit from a programme of internal modernisation & some refurbishment. G.F.H. u.P.V.C. glazing & facilities, lounge, dining room, gr fl bedroom/third reception rm, kit/breakfast rm, utility rm, shower/storage rm, cloakrm, master bedrm with dressing rm & en suite shower rm, two further dble bedrms, bathrm, double garage, gardens to three sides.



ALDWICK BAY ESTATE **£595,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate with n.100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, alnwick lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

ALDWICK **£650,000**

An imposing detached Tudor style house situated on a plot approx a third of an acre, within half a mile of the beach and shops. G.F.H., d/glazing with leaded lights, cloakroom, triple aspect lounge opening to a garden rm, dining rm, fitted kitchen with attached conservatory/breakfast rm, utility rm, four bedrms refitted bathrm and shower rm, playrm (potential for ground floor bedrm and en suite), gardens with heated swimming pool.

ALDWICK BAY ESTATE **£595,000**

A three bedroom detached Tudor style house in private marine estate approx. 400 yards from the private beach. Refurbished by the current owners with modern wiring, plumbing and heating, cavity wall insulation, lounge, sitting room, dining room, kitchen/breakfast room, bathroom, shower room, balcony, garage. South facing rear garden.

ALDWICK **£375,000**

A grade II listed detached thatched cottage situated 3/4 s of a mile from shops and around half a mile from the beach. G.F.H. atmospheric lounge/dining rm with inglenook style fireplace, study, delightful sitting rm raised on a mezzanine level with doors to the garden, kit/breakfast rm, utility rm, three bedrooms, shower rm, bathrm, single garage, additional parking & Southerly garden with a heated swimming pool.

ALDWICK BAY ESTATE **£495,000**

An extended extended seaside house situated in the Aldwick Bay private marine bedrm approx. 400 yards from the private beach. The current owners have extended & reconfigured the property. G.F.H., u.P.V.C. dble glazing, spacious dual aspect reception area partially separated into a fmly sitting rm with inner lounge/dining rm, kit/breakfast rm, utility rm, an office/study, gr fl bedroom (currently used as a further reception rm) with en suite shower rm, master bedrm with dressing area & an suite second rm, second bedrm, bathrm, small garage/store room and wall screened grns.

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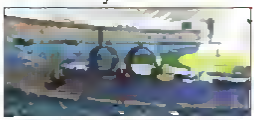

THE AWE-INSPIRING Top Gear Live Stunt Team is taking another deep breath and is aiming for a further World Record when it attempts to become the first to successfully complete a spectacular double loop-the-loop feat

Called the 'Deadly 720', the nail-biting stunt has never been performed before and will be staged in front of record 15,000 strong live audiences during four action-packed shows at this weekend's Top Gear Festival in the Moses Mabhida Stadium, Durban, South Africa (10-17 June)

The Deadly 720 is the latest in a succession of daring exploits performed by the Top Gear Live Stunt Team as an integral component of the hugely popular Top Gear Live Shows that have wowed more than 1 2 million fans at venues all around the globe

The daredevil team was the first to successfully complete a single loop-the-loop in an in-door arena but now is attempting to 'do the double' for the first time in history

Bentley to take Goodwood Festival of Speed by storm

AN EXCITING new Bentley is set to make its international debut at the 2012 Goodwood Festival of Speed Combining stunning performance with exquisite luxury in the Bentley tradition, the new car appears both as part of the Supercar Run up the iconic Goodwood Hill and on the Bentley Motors stand With a mix of contemporary and classic models, Bentley has its largest ever presence at the world-famous event, running from Friday 29th June to Sunday 1st July.

A vision of the company's future, the EXP 9 F SUV concept, makes its UK premiere at the Festival EXP 9 F highlights the marque's desire to build the fastest and most luxurious SUV in the world, and the concept car combines a stunning interior at the pinnacle of craftsmanship and technology with a clean, muscular exterior With an exciting range of drivetrain options under consideration, any Bentley SUV would offer the thunderous performance for which the marque is renowned.

Supporting these debutants is the Mulsanne Mulliner Driving Specification (MDS) – a new driver focussed edition of the Bentley flagship that reaffirms its sporting credentials Featuring sports-tuned suspension and steering settings, unique 21" alloy wheels, and a Diamond Quilted interior, the MDS provides an even greater degree of driving enjoyment without compromising the Mulsanne's legendary comfort and refinement

The new Continental GT V8 also appears both on the Bentley stand and on the Goodwood Hill With an all-new 4.0 litre twin-turbo V8 engine, this remarkable Continental combines classic Bentley power and torque with an exceptional power-to-emissions ratio in the high luxury sports car sector.

With 507PS and 660 Nm of torque, the GT V8 sprints from 0-60 mph in 4 e seconds (0?100 km/h in 4.8 seconds) and on to a top speed of 188 mph (303 km/h) Meanwhile, fuel efficiency systems and pioneering cylinder deactivation technology results in outstanding fuel economy and CO2 performance together with a range of over 500 miles on a single tank.

Joining the modern Bentley models on the Hill are two cars from the Company's Le Mans heritage. The Bentley Speed 8, victorious at the 2003 Le Mans 24 Hours, makes two runs per day, as will the 4½ litre supercharged "Birkin Blower". Fresh from completing the Mille Miglia for the third time, the car was raced extensively by renowned Le Mans winner and Bentley Boy Tim Birkin of the 1020s

Driving duties for the past and present Bentley models will be shared by three modern-day Bentley Boys Le Mans legend Derek Bell MBE will be joined by four time world rally champion Juha Kankkunen together with Guy Smith, who drove the winning Speed 8 across the finish line at Le Mans in 2003 All three star drivers will be on-hand throughout the Festival to meet visitors

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10 (60) Venga 1.4 '1', Silver, 1 owner, under 12k miles, bal.7yr warr **£8,500**

09 (59) Soul Burner 1.6 TD, Black, fsh, limited edition, must be seen **£9,500**

09 (59) Soul '2' CRDi TD, auto, blue, fsh, 1 owner, 17k mls, bal 7yr warr. **£8,995**

10 (60) cee'd '3' CRDi TD, auto, Astral Blue, fsh, alloys, climate, bal 7yr warr **£11,500**

10 (60) cee'd 1.6 '2' SW, Tropical Red.. fsh, great spec , bal.7yr warr **£9,500**

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09 (59) Picanto 1.1 Strike, Flame Red, under 17k miles, a/c fsh, c/l, e/w **£5,750**

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09 (59) Citroen Nemo Multispace 1.4, Silver fsh, under 15k miles **£5,850**

05 (55) Subaru Forester X 200 Estate, auto, Silver, history rare, super **£5,500**

07 (07) Citroen Picasso 1.6 HDi 92hp VTX, Storm Grey, full service hist., 1 owner, great mpg, very economical **£5,250**

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07 (07) Nissan X-Trail Sport Expedition 2.0 dci 170, Ebony, half leather, s/r, under 55k mls, rear camera etc. **£12,500**

09 (59) Sportage 2.0 XS 4WD, Ebony, fsh, leather climate, top spec. **£11,495**

07 (07) Mitsubishi Outlander 2.0 DI-D Warrior, Silver fsh, 7 seats, 12mth warr. **£9,995**

06 (06) Mitsubishi L200 Trojan Double Cab, Black, 27k mls, fsh, leather, inc.VAT, load liner truck top, tow bar etc **£8,995**

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08 (56) Fiat Sedici 1.6 16v Elegance, Silver fsh, 4WD, climate alloys **£5,400**

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09 (59) Vauxhall Astra 1.7 CDTi (125ps) SE, Silver, fsh, under 15k miles, loads of options inc Nav, must be seen **£10,500**

09 (59) Ford Fiesta 1.4 Zetec 95, Ebony Black fsh under 11k miles **£7,995**

08 (08) Fiat 500 'Lounge', Polar White, fsh red/crm leather, alloys, Bluetooth, 1 owner, immaculate 29k mls **£7,995**

11 (61) Hyundai i20 Classic 1.2, Dove Grey, balance of 5 year warranty, fsh 1st class condition **£7,250**

09 (59) Renault Megane Extreme VVT 1.6, Silver, 1 owner under 5k miles, fsh fabulous specification **£6,995**

10 (10) Vauxhall Agila 1.2 Design, Crystal Blue a/c alloys, logs **£6,500**

10 (10) Hyundai i10 1.2 Comfort, Ebony, fsh under 17k miles, air conditioning, balance of 5 year warranty **£6,500**

10 (10) VW Fox 75, 3 dr, 1.4, Silver, fsh, balance of 3 yr warranty **£6,000**

09 (09) Hyundai i10 1.2 Comfort, Pacific, under 11k miles, fsh, a/c, alloys **£5,995**

10 (10) Hyundai i10 Classic 1.1, 5 door, Red, fsh, under 15k miles, air con, balance of 5 year warranty **£5,750**

09 (09) Citroen C1 VTR 1.0, 3 dr, Silver, fsh, under 16k miles, super, eco **£5,500**

08 (08) Peugeot 107 Urban Move 1.0, Slate Grey, fsh, under 20,000 miles, super economical car **£5,500**

09 (58) Hyundai i10 Comfort, Black, fsh, under 27k miles, air conditioning, alloy wheels, electric windows **£5,250**

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Football

Selsey resident leaves Albion

A LOCAL football coach has blown the final whistle on his time at Brighton and Hove Albion – a club he originally joined back in 1987.

Popular Selsey resident, Martin Hinshelwood, also had a short spell as manager of the club in the Championship during 2002, but the majority of his time was spent heading up the club's youth development programme.

During his 24 years, he oversaw the graduation of no fewer than 31 players from the club's centre of excellence through to the first team – including current stars Adam El-Abd, Lewis Dunk, Tommy Elphick and Jake Forster-Caskey.

Chairman Tony Bloom said: "Martin has been an excellent servant of the club ever since Brian Horton brought him back to the Albion in 1998.

"His contribution to the club's youth development programme has been huge. He's brought through some top talent and great players. On behalf of everyone at the Albion, I thank him for the tremendous work he has done for the club."

Hinshelwood, who also had a spell with the club as assistant manager from 1987 through to 1994, also brought through Adam Virgo, who was sold to Celtic in the summer of 2005 for a then-club-record £1.5m.

The 58-year-old, who played for Crystal Palace and also coached at Portsmouth and Chelsea, said: "I am sorry to be leaving the club. I have worked with some fantastic people - and firstly I would like to thank all those who have helped me on the coaching, medical and administration side.

"It has been a great 24 years – they've flown by and been tremendous fun – and during that time I have looked after the youth team, been caretaker manager and even been manager.

"I think I can take a step back and say it's been a job well done and I will always be proud to have managed the club – however brief, and even if that didn't go as well as I would have liked.

"I will also take great personal satisfaction every time I see one of those players play, at any level of the game, professional or non league.

"Dean Hammond and Dan Harding will be playing in the Premier League next season with Southampton, while Joel Lynch and Adam El-Abd have been on international duty this week with Wales and Egypt respectively.

"For each of those, there are also a number of other boys who have played the game at a variety of levels, and I am extremely proud of all those players and each of their achievements."

WIN A PAIR OF TICKETS FOR T20 CRICKET

Chichester Herald in partnership with Sussex County Cricket Club is giving away TWO pairs of tickets for Sussex Sharks v Essex Eagles on Sunday 24th June at The PROBIZ County Ground, Hove (2.40pm start).

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A) SURREY

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Further information can be found at www.sussexcricket.co.uk.

Entries close on Tuesday, 19 June 2012 at midday.

Please email your entry to competition@chichesterherald.co.uk or send your entry to Chichester Herald, Head Office, Suite 804, 26 The Hornet, Chichester, West Sussex, PO19 7BB. You must include your name, contact number and email address.

The competition is for TWO winners, with two prizes for two people for one day. There is no cash alternative.

A winner will be announced on Tuesday 19 June 2012 by phone or/and email.

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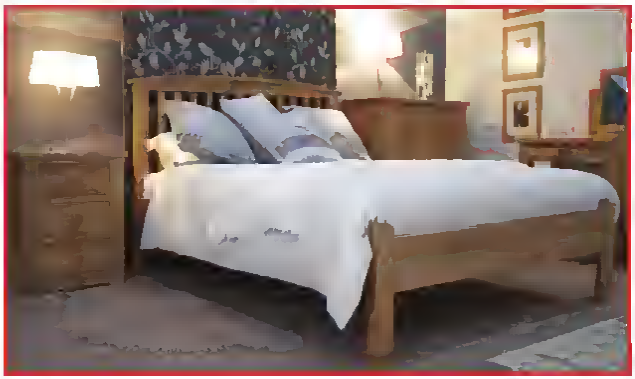

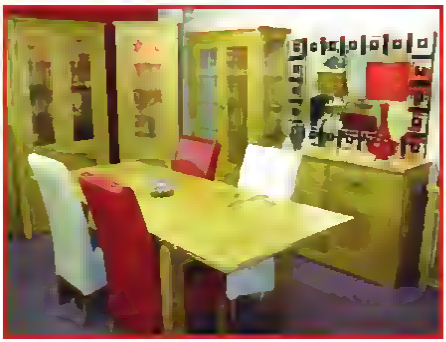

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